



Hot Red Pepper and Walnut Dip: Muhammara



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



7

CALORIES



283 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup bread crumbs fresh fine
- ☐ 2 to 4 garlic cloves with 1/2 teaspoon salt minced mashed
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon juice of lemon fresh to taste
- ☐ 0.8 cup olive oil extra-virgin
- ☐ 7 servings pita triangles toasted
- ☐ 2 teaspoons pomegranate molasses
- ☐ 0.5 teaspoon pepper flakes dried red hot

- ☐ 7 ounce roasted peppers red drained
- ☐ 0.3 cup walnuts toasted chopped fine

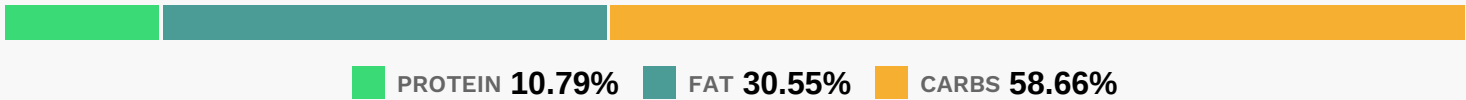
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ In a food processor blend together the peppers, the bread crumbs, the walnuts, the garlic, the lemon juice, the pomegranate molasses, the cumin, the red pepper flakes, and salt to taste, until the mixture is smooth. With the motor running, add the oil gradually.
- ☐ Transfer the muhammara to a bowl and serve it at room temperature with the pita triangles.;

Nutrition Facts



Properties

Glycemic Index:21.71, Glycemic Load:29.22, Inflammation Score:-4, Nutrition Score:8.3491303557935%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 283.12kcal (14.16%), Fat: 9.66g (14.86%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 41.73g (13.91%), Net Carbohydrates: 39.21g (14.26%), Sugar: 1.36g (1.51%), Cholesterol: 0mg (0%), Sodium: 766.75mg (33.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.67g (15.35%), Manganese: 0.63mg (31.3%), Vitamin B1: 0.28mg (18.63%), Vitamin C: 14.37mg (17.42%), Copper: 0.25mg (12.63%), Iron: 1.93mg (10.7%), Vitamin B3: 2.14mg (10.69%), Fiber: 2.51g (10.05%), Phosphorus: 99.58mg (9.96%), Calcium: 88.92mg (8.89%), Folate: 34.96µg (8.74%), Magnesium: 32.51mg (8.13%), Vitamin B2: 0.12mg (6.83%), Vitamin B6: 0.13mg (6.39%), Zinc: 0.87mg (5.82%), Vitamin E: 0.78mg (5.21%), Potassium: 166.91mg (4.77%), Selenium: 3.12µg (4.45%), Vitamin A: 194.72IU (3.89%),

Vitamin K: 3.8µg (3.62%), Vitamin B5: 0.33mg (3.31%)