



Hummus with Pita Chips

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



16

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 19 oz garbanzo beans drained canned (garbanzo beans)
- 0.5 cup tahini
- 0.3 cup olive oil extra virgin extra-virgin
- 3 tablespoons juice of lemon
- 2 cloves garlic finely chopped
- 1 teaspoon salt
- 0.1 teaspoon pepper
- 1 serving parsley fresh chopped

- 4 6-inch day old pita bread whole wheat (pocket) ()
- 4 tablespoons olive oil extra virgin extra-virgin
- 0.5 teaspoon kosher salt (coarse)

Equipment

- food processor
- baking sheet
- oven
- blender

Directions

- In food processor or blender, place beans, reserved bean liquid, tahini, 1/4 cup oil, the lemon juice, garlic, table salt and pepper. Cover; blend on high speed, stopping blender occasionally to scrape down sides, until smooth. Spoon dip into serving dish.
- Sprinkle with parsley.
- Heat oven to 375°F.
- Brush both sides of each pita bread with 1 tablespoon oil.
- Cut each pita bread into 8 wedges; separate wedges to make 16 wedges for each pita bread.
- Places wedges, oil sides up, on ungreased cookie sheets.
- Sprinkle with kosher salt.
- Bake 10 to 12 minutes or until pita chips are crisp and lightly browned.
- Serve with hummus.

Nutrition Facts



PROTEIN 8.51% **FAT 72.84%** **CARBS 18.65%**

Properties

Glycemic Index:8.4, Glycemic Load:1.27, Inflammation Score:-2, Nutrition Score:4.600434826768%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 136.76kcal (6.84%), Fat: 11.52g (17.73%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 6.64g (2.21%), Net Carbohydrates: 4.76g (1.73%), Sugar: 0.08g (0.09%), Cholesterol: 0mg (0%), Sodium: 315.65mg (13.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Manganese: 0.29mg (14.46%), Vitamin B6: 0.18mg (8.87%), Vitamin B1: 0.13mg (8.84%), Copper: 0.18mg (8.77%), Phosphorus: 87.6mg (8.76%), Vitamin K: 8.27µg (7.88%), Fiber: 1.88g (7.51%), Vitamin E: 1mg (6.65%), Selenium: 3.42µg (4.89%), Iron: 0.82mg (4.55%), Magnesium: 16.81mg (4.2%), Folate: 16.81µg (4.2%), Zinc: 0.59mg (3.95%), Potassium: 89.43mg (2.56%), Vitamin B3: 0.48mg (2.41%), Calcium: 23.86mg (2.39%), Vitamin C: 1.89mg (2.29%), Vitamin B5: 0.11mg (1.1%)