



Hummus with Pita Chips



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



16

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 19 oz garbanzo beans drained progresso® canned (garbanzo beans)
- ☐ 16 servings parsley fresh chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 teaspoon kosher salt (coarse)
- ☐ 3 tablespoons juice of lemon
- ☐ 4 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.1 teaspoon pepper
- ☐ 1 teaspoon salt

- ☐ 0.5 cup tahini
- ☐ 4 6-inch day old pita bread whole wheat (pocket) ()

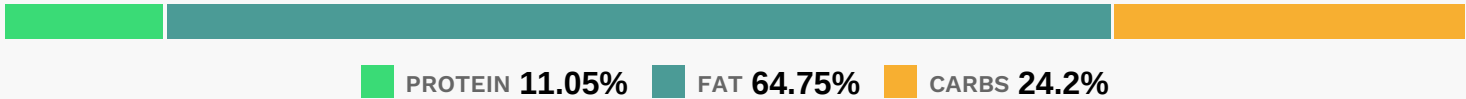
Equipment

- ☐ 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



Properties

Glycemic Index:8.4, Glycemic Load:1.31, Inflammation Score:-4, Nutrition Score:7.76086941491%

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: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 108.28kcal (5.41%), Fat: 8.18g (12.58%), Saturated Fat: 1.12g (6.97%), Carbohydrates: 6.88g (2.29%), Net Carbohydrates: 4.87g (1.77%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 317.69mg (13.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Vitamin K: 67.74µg (64.52%), Manganese: 0.3mg (14.76%), Vitamin B1: 0.14mg (9.05%), Copper: 0.18mg (9.04%), Vitamin B6: 0.18mg (9.04%), Phosphorus: 89.78mg (8.98%), Vitamin C: 6.87mg (8.33%), Fiber: 2g (8.01%), Vitamin A: 347.32IU (6.95%), Iron: 1.03mg (5.74%), Folate: 22.51µg (5.63%), Selenium: 3.42µg (4.89%), Magnesium: 18.68mg (4.67%), Zinc: 0.63mg (4.21%), Vitamin E: 0.54mg (3.6%), Potassium: 110.18mg (3.15%), Calcium: 29mg (2.9%), Vitamin B3: 0.53mg (2.66%), Vitamin B5: 0.12mg (1.25%), Vitamin B2: 0.02mg (1.12%)