



Lemony Hummus with Spicy Whole-Wheat Pita Chips



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1 teaspoon paprika
- ☐ 6 pitas whole-wheat split mini
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons tahini (sesame seed paste)
- ☐ 3 tablespoons water

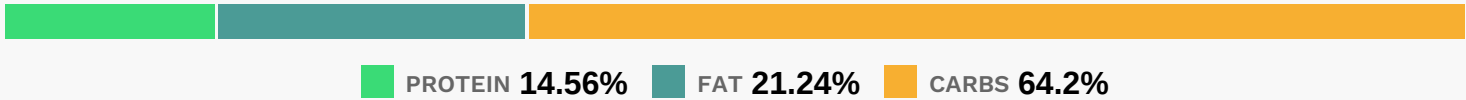
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ To prepare hummus, combine first 8 ingredients in a food processor; process until smooth.
- ☐ To prepare chips, combine 2 teaspoons cumin and next 3 ingredients (through red pepper).
- ☐ Cut each pita half into 4 wedges. Arrange pita wedges on a baking sheet. Lightly coat pita with cooking spray.
- ☐ Sprinkle cumin mixture evenly over pita.
- ☐ Bake at 350 for 10 minutes or until crisp.
- ☐ Serve with hummus.

Nutrition Facts



Properties

Glycemic Index:28.04, Glycemic Load:23.85, Inflammation Score:-3, Nutrition Score:7.4430434030035%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 200.11kcal (10.01%), Fat: 4.79g (7.37%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 32.56g (10.85%), Net Carbohydrates: 28.84g (10.49%), Sugar: 0.19g (0.21%), Cholesterol: 0mg (0%), Sodium: 598.98mg (26.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.77%), Manganese: 0.69mg (34.3%), Fiber: 3.72g (14.88%), Vitamin B6: 0.29mg (14.74%), Vitamin B1: 0.2mg (13.12%), Phosphorus: 119.75mg (11.98%), Copper: 0.23mg (11.3%), Iron: 2mg (11.1%), Magnesium: 33.04mg (8.26%), Folate: 28.88µg (7.22%), Calcium: 69.27mg (6.93%), Zinc: 0.96mg (6.4%), Vitamin B3: 1.25mg (6.27%), Potassium: 173.68mg (4.96%), Vitamin B2: 0.06mg (3.57%), Selenium: 2.48µg (3.55%), Vitamin B5: 0.35mg (3.46%), Vitamin A: 169.77IU (3.4%), Vitamin C: 2.56mg (3.1%), Vitamin E: 0.27mg (1.79%)