



WHATSheATE

Mohambra



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 garlic cloves minced
- ☐ 1 tablespoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 teaspoon honey
- ☐ 1 cup onion chopped
- ☐ 9 6-inch pitas cut into 8 wedges ()
- ☐ 2 pounds bell peppers red (4 medium)
- ☐ 0.5 teaspoon salt

☐ 0.5 cup walnuts chopped

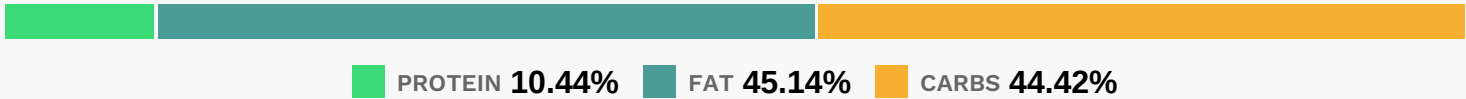
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Cut bell peppers in half lengthwise, discarding seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 3 inches from heat 12 minutes or until blackened.
- ☐ Place in a zip-top plastic bag, and seal.
- ☐ Let stand 15 minutes.
- ☐ Place bell peppers in a food processor; process until smooth.
- ☐ Place a large nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add onion and next 4 ingredients (onion through garlic); saut 8 minutes. Stir in bell pepper pure, salt, and honey; cook 5 minutes. Cool.
- ☐ Place onion mixture in a food processor, and process until smooth.
- ☐ Serve with pitas.
- ☐ Note: Store the dip in an airtight container in refrigerator for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:1.34, Inflammation Score:-8, Nutrition Score:7.9608694936918%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 42.51kcal (2.13%), Fat: 2.36g (3.64%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 3.75g (1.36%), Sugar: 2.91g (3.24%), Cholesterol: 0mg (0%), Sodium: 70.38mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Vitamin C: 65.41mg (79.28%), Vitamin A: 1588.88IU (31.78%), Manganese: 0.2mg (10.07%), Vitamin B6: 0.18mg (9.15%), Folate: 28.25µg (7.06%), Fiber: 1.49g (5.95%), Vitamin E: 0.84mg (5.58%), Potassium: 142.71mg (4.08%), Copper: 0.07mg (3.46%), Magnesium: 13.58mg (3.39%), Iron: 0.57mg (3.17%), Vitamin B1: 0.05mg (3.12%), Vitamin B2: 0.05mg (3.09%), Phosphorus: 29.9mg (2.99%), Vitamin B3: 0.57mg (2.86%), Vitamin K: 2.63µg (2.51%), Vitamin B5: 0.19mg (1.94%), Zinc: 0.27mg (1.79%), Calcium: 13.28mg (1.33%)