



Muhammara



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



149 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bread crumbs dry fine
- ☐ 0.3 cup olive oil extra virgin
- ☐ 4 cloves garlic mashed
- ☐ 1 teaspoon ground cumin
- ☐ 3 tablespoons juice of lemon
- ☐ 2 tablespoons pomegranate molasses
- ☐ 1 teaspoon pepper flakes red
- ☐ 0.5 cup walnuts finely chopped

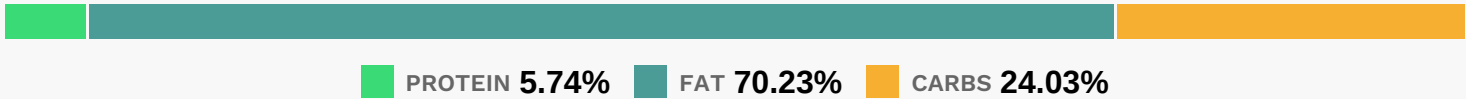
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ In the container of a food processor or blender, combine the olive oil, bread crumbs, walnuts, garlic, lemon juice, pomegranate molasses, cumin and red pepper flakes. Process until smooth.
- ☐ Serve with pita triangles.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:3.906086947607%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 149.27kcal (7.46%), Fat: 11.99g (18.44%), Saturated Fat: 1.47g (9.22%), Carbohydrates: 9.23g (3.08%), Net Carbohydrates: 8.27g (3.01%), Sugar: 2.54g (2.82%), Cholesterol: 0mg (0%), Sodium: 54.52mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.41%), Manganese: 0.35mg (17.5%), Vitamin E: 1.14mg (7.61%), Copper: 0.14mg (7.18%), Vitamin B1: 0.1mg (6.45%), Vitamin K: 5.01µg (4.77%), Iron: 0.82mg (4.53%), Phosphorus: 41.18mg (4.12%), Magnesium: 16.46mg (4.11%), Folate: 15.65µg (3.91%), Fiber: 0.96g (3.82%), Vitamin B6: 0.07mg (3.75%), Selenium: 2.34µg (3.35%), Vitamin C: 2.76mg (3.35%), Vitamin B3: 0.59mg (2.93%), Calcium: 25.79mg (2.58%), Vitamin B2: 0.04mg (2.58%), Zinc: 0.37mg (2.45%), Potassium: 66.7mg (1.91%), Vitamin A: 79.24IU (1.58%)