

 100%
HEALTH SCORE

Muhammara



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



1210 kcal

Ingredients

- ☐ 1 cup breadcrumbs
- ☐ 1 tablespoon chili paste depending on your taste pref to taste ()
- ☐ 0.5 cup olive oil extra virgin
- ☐ 2 teaspoons ground cumin
- ☐ 0.1 small onion red
- ☐ 2 tablespoons pomegranate molasses
- ☐ 270 grams bell pepper red (2 small peppers)
- ☐ 1 tablespoon tomato paste
- ☐ 60 grams walnuts

- ☐ 1 teaspoons frangelico
- ☐ 1 teaspoons frangelico

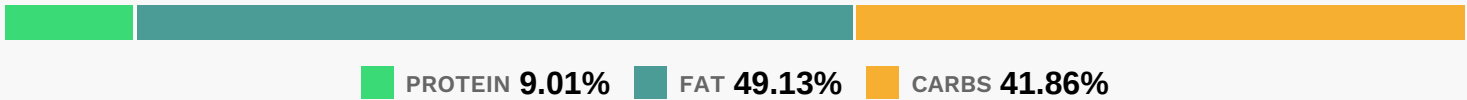
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place the breadcrumbs in a bowl along with the olive oil and tahini, stir to combine, then cover and leave it at room temperature overnight for the oil to soak into the breadcrumbs. The next day, roast the walnuts on a baking sheet in a 350 degree oven until golden brown. Be careful not to burn them.
- ☐ Add the walnuts to a food processor and pulse until they're about the texture of the breadcrumbs.
- ☐ Add the walnuts to the breadcrumbs.
- ☐ Remove the seeds and stems from the peppers and then roughly chop.
- ☐ Add the peppers to the food processor along with the onion, chili paste and tomato paste. Pulse until the peppers and onions are finely minced but not fully pureed.
- ☐ Add the pepper mixture along with the pomegranate molasses, cumin and salt to the breadcrumbs. Stir the mixture to combin. Adjust the pomegranate molasses and salt to taste. To serve, spread the muhammara in a plate or shallow bowl. Make a swirl pattern on top and drizzle with olive oil.

Nutrition Facts



Properties

Glycemic Index:129, Glycemic Load:5.65, Inflammation Score:-10, Nutrition Score:52.441304372705%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg, Luteolin: 1.78mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

Nutrients (% of daily need)

Calories: 1210.4kcal (60.52%), Fat: 68.28g (105.05%), Saturated Fat: 8.21g (51.3%), Carbohydrates: 130.92g (43.64%), Net Carbohydrates: 114.98g (41.81%), Sugar: 37.66g (41.84%), Cholesterol: 0mg (0%), Sodium: 939.86mg (40.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.17g (56.33%), Vitamin C: 353.77mg (428.81%), Manganese: 3.54mg (177.13%), Vitamin A: 8792.62IU (175.85%), Vitamin B1: 1.45mg (96.68%), Folate: 305.09µg (76.27%), Copper: 1.39mg (69.73%), Vitamin B6: 1.33mg (66.63%), Iron: 11.53mg (64.07%), Fiber: 15.94g (63.76%), Vitamin E: 8.75mg (58.31%), Vitamin B3: 11.43mg (57.14%), Phosphorus: 501.55mg (50.15%), Magnesium: 198.29mg (49.57%), Vitamin B2: 0.81mg (47.48%), Selenium: 31.73µg (45.32%), Potassium: 1359.23mg (38.84%), Vitamin K: 37.27µg (35.49%), Calcium: 324.92mg (32.49%), Zinc: 4.44mg (29.58%), Vitamin B5: 1.83mg (18.34%), Vitamin B12: 0.38µg (6.3%)