



 **61%**
HEALTH SCORE

Muhammara with Crudités

 Vegetarian  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



162 kcal

SIDE DISH

Ingredients

- 18 baby carrots with tops, trimmed
- 0.3 teaspoon pepper red crushed
- 0.3 cup breadcrumbs plain dry
- 1 garlic clove
- 0.1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 teaspoon honey
- 18 baby lettuce leaves (such as baby romaine)

- 2 tablespoons juice of lime fresh
- 3 tablespoons olive oil extra-virgin
- 18 radishes halved
- 3 bell peppers red
- 0.5 teaspoon salt
- 2 tablespoons tomato paste
- 0.3 cup walnut halves divided toasted

Equipment

- food processor
- bowl
- baking sheet
- aluminum foil
- broiler
- ziploc bags

Directions

- Preheat broiler.
- Cut bell peppers in half lengthwise; discard seeds and membranes.
- Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 20 minutes or until blackened.
- Place in a zip-top plastic bag; seal.
- Let stand 20 minutes. Peel peppers, and discard skins.
- Place 4 bell pepper halves, 3 tablespoons walnuts, breadcrumbs, and next 8 ingredients (through garlic) in a food processor, and process until smooth.
- Add remaining 2 bell pepper halves; pulse until coarsely chopped. Spoon dip into a bowl; stir in juice. Top with remaining 1 tablespoon walnuts.
- Serve with radishes, carrots, and lettuce.

Nutrition Facts



■ PROTEIN 7.67% ■ FAT 56.57% ■ CARBS 35.76%

Properties

Glycemic Index:36.88, Glycemic Load:1.8, Inflammation Score:-10, Nutrition Score:17.701304404632%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Pelargonidin: 7.58mg, Pelargonidin: 7.58mg, Pelargonidin: 7.58mg, Pelargonidin: 7.58mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 161.73kcal (8.09%), Fat: 10.76g (16.56%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 11.42g (4.15%), Sugar: 6.99g (7.76%), Cholesterol: 0mg (0%), Sodium: 321.88mg (13.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Vitamin A: 11445.58IU (228.91%), Vitamin C: 94.6mg (114.66%), Manganese: 0.59mg (29.53%), Folate: 76.66µg (19.17%), Vitamin B6: 0.34mg (17%), Vitamin E: 2.49mg (16.58%), Fiber: 3.9g (15.59%), Potassium: 465.02mg (13.29%), Vitamin B1: 0.18mg (12.16%), Iron: 2.03mg (11.26%), Vitamin K: 11.3µg (10.76%), Vitamin B2: 0.18mg (10.31%), Magnesium: 34.5mg (8.63%), Vitamin B3: 1.62mg (8.11%), Copper: 0.16mg (8.09%), Phosphorus: 79.32mg (7.93%), Calcium: 63.28mg (6.33%), Zinc: 0.66mg (4.4%), Vitamin B5: 0.4mg (4%), Selenium: 2.61µg (3.73%)