



 **24%**
HEALTH SCORE

Naan-chos

READY IN



25 min.

SERVINGS



4

CALORIES



454 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 can garbanzo beans drained
- 1 teaspoon coarse salt
- 0.3 cucumber seedless chopped
- 0.5 cup olive oil extra virgin
- 2 tablespoons flat parsley chopped
- 3 tablespoons mint leaves fresh chopped
- 2 cloves garlic
- 0.5 bell pepper green seeded chopped
- 0.3 teaspoon ground pepper red crushed

- 1 teaspoon ground cumin
- 0.5 juice of lemon juiced
- 1 juice of lime juiced
- 1 cup parmesan grated
- 1 handful parsley chopped
- 4 slices wholewheat pita breads
- 1 teaspoon poppy seeds
- 1 teaspoon pepper red crushed
- 4 servings salt
- 1 shallots finely chopped
- 1.5 cups sharp cheddar cheese shredded
- 1 tomatoes red ripe seeded chopped

Equipment

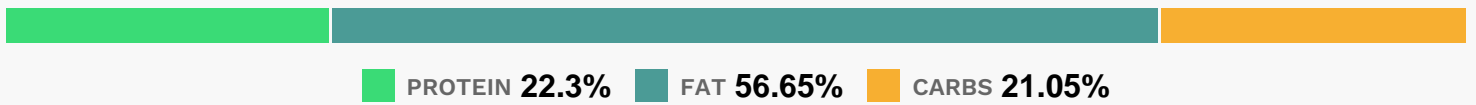
- food processor
- bowl
- oven
- pot
- broiler
- toaster

Directions

- Preheat oven or toaster oven to 400 degrees F.
- Heat oil and garlic in a small pot over medium low heat to infuse garlic flavor into oil. Pull the oil off the heat when garlic speaks by sizzling in oil.
- Brush the breads with half of the garlic oil and reserve the remainder.
- Cut breads into tortilla-chip-size wedges.
- Sprinkle bread "chips" with Parmesan, poppy seeds and red pepper flakes.
- Bake breads to toast, about 5 minutes.

- Remove bread from oven and sprinkle bread chips with and parsley and salt. Pile chips on a platter and cover with cheddar cheese.
- Place platter under broiler and melt cheese.
- In a food processor, combine chick peas, lemon, cumin, cayenne and remaining garlic and oil. Season spread with salt, to your taste.
- In a bowl, combine cucumber, tomato, pepper, shallot, parsley, mint, lime juice, salt.
- To assemble, top naan-chos with chick pea spread and a layer of cucumber salsa.
- Serve.

Nutrition Facts



Properties

Glycemic Index:101.33, Glycemic Load:5.97, Inflammation Score:-8, Nutrition Score:24.324347826087%

Flavonoids

Eriodictyol: 1.51mg, Eriodictyol: 1.51mg, Eriodictyol: 1.51mg, Eriodictyol: 1.51mg Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 6.69mg, Apigenin: 6.69mg, Apigenin: 6.69mg, Apigenin: 6.69mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 454.06kcal (22.7%), Fat: 29.2g (44.93%), Saturated Fat: 13.32g (83.24%), Carbohydrates: 24.4g (8.13%), Net Carbohydrates: 17.57g (6.39%), Sugar: 2.76g (3.07%), Cholesterol: 59.38mg (19.79%), Sodium: 1788.89mg (77.78%), Protein: 25.87g (51.73%), Calcium: 682.02mg (68.2%), Manganese: 1.19mg (59.37%), Vitamin K: 62.3µg (59.33%), Phosphorus: 498.26mg (49.83%), Vitamin B6: 0.73mg (36.29%), Vitamin C: 26.98mg (32.71%), Vitamin A: 1597.26IU (31.95%), Selenium: 20.5µg (29.29%), Fiber: 6.83g (27.32%), Zinc: 3.39mg (22.59%), Vitamin B2: 0.33mg (19.52%), Magnesium: 73.8mg (18.45%), Iron: 2.91mg (16.16%), Folate: 60.49µg (15.12%), Copper: 0.29mg (14.36%), Potassium: 459.87mg (13.14%), Vitamin B12: 0.75µg (12.49%), Vitamin E: 1.69mg (11.23%), Vitamin B5: 0.81mg (8.1%), Vitamin B1: 0.11mg (7.6%), Vitamin B3: 0.78mg (3.88%), Vitamin D: 0.38µg (2.53%)