



Parmesan Lavash Chips with Creamy Tomato-Basil Dip

READY IN



35 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

Ingredients

- ☐ 2 ounces creamy gorgonzola at room temperature
- ☐ 2 inch by lavash breads whole wheat
- ☐ 2 ounces mascarpone cheese at room temperature
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 cup parmesan finely grated
- ☐ 1 cup tomato-basil sauce such as giada de laurentiis for target tomato-basil sauce

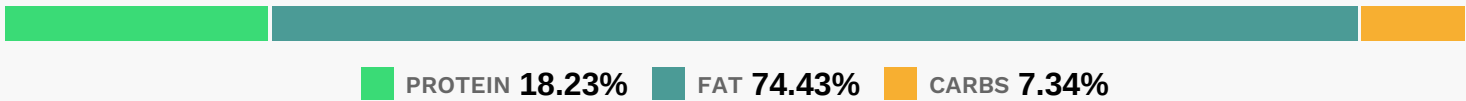
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pastry brush

Directions

- ☐ Watch how to make this recipe.
- ☐ Place an oven rack in the center of the oven and preheat to 350 degrees F.
- ☐ Brush the breads with the oil using a pastry brush and sprinkle with the Parmesan.
- ☐ Cut each bread into 32 triangles and arrange in a single layer, cheese-side-up, on 2 baking sheets.
- ☐ Bake until light golden, 10 to 12 minutes.
- ☐ For the dip: Bring the tomato-basil sauce to a simmer over medium heat in a medium saucepan. Cook for 5 minutes.
- ☐ Remove the saucepan from the heat and whisk in the gorgonzola and mascarpone until incorporated.
- ☐ Pour the dip into a serving bowl and serve the chips alongside.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:4.3973912875289%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 200.14kcal (10.01%), Fat: 16.45g (25.3%), Saturated Fat: 7.87g (49.2%), Carbohydrates: 3.65g (1.22%), Net Carbohydrates: 2.96g (1.08%), Sugar: 1.69g (1.88%), Cholesterol: 27.87mg (9.29%), Sodium: 463.31mg (20.14%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.13%), Calcium: 267.17mg (26.72%), Phosphorus: 152.24mg (15.22%), Vitamin A: 459.57IU (9.19%), Selenium: 5.12µg (7.31%), Vitamin B2: 0.09mg (5.38%), Vitamin B12: 0.32µg (5.25%), Vitamin E: 0.73mg (4.88%), Zinc: 0.71mg (4.73%), Vitamin K: 3.32µg (3.16%), Potassium: 106.24mg (3.04%), Fiber: 0.69g (2.76%), Vitamin B5: 0.24mg (2.39%), Magnesium: 9.51mg (2.38%), Iron: 0.35mg (1.97%), Vitamin B6: 0.03mg (1.54%), Vitamin C: 1mg (1.21%), Folate: 4.57µg (1.14%)