



## Roasted Red Pepper and Walnut Dip (Muhummara)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



27 min.

SERVINGS



8

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 cloves garlic chopped
- 1 teaspoon ground cumin
- 8 servings kosher salt and pepper black freshly ground
- 0.3 cup juice of lemon fresh
- 2 tablespoons olive oil extra-virgin
- 2 teaspoons paprika
- 2.5 tablespoons pomegranate molasses

- 2 bell peppers red
- 1 teaspoon pepper flakes red
- 1.5 cups walnuts raw

## Equipment

- food processor
- bowl
- baking sheet
- oven
- knife
- plastic wrap
- grill
- broiler

## Directions

- Preheat the oven to 350 degrees F.
- Roast the red peppers.
- Place each bell pepper over the open flame of a gas burner or grill, cooking until the skin blackens and blisters. Rotate the peppers and blacken all the way around, about 15 minutes. Alternatively, you can roast the peppers in the oven by placing the bell peppers on a baking sheet and placing under the broiler, turning frequently, until the peppers are blackened and blistered all over.
- Put the blackened peppers in a bowl, cover with plastic wrap, and set aside to steam.
- Toast the walnuts.
- Spread the walnuts on a parchment-lined baking sheet. Pop into the oven until light golden brown and aromatic, 10 to 15 minutes.
- Remove from the oven and set aside to cool.
- Peel the red peppers using a paring knife. Discard the peels, stem and seeds. Throw the roasted red peppers, walnuts, garlic, paprika, cumin, red pepper flakes, lemon juice, pomegranate molasses and olive oil into a food processor with a teaspoon of salt, and run until the dip is smooth. Taste for seasoning and adjust accordingly. Cool and serve.

# Nutrition Facts

PROTEIN 7.25% FAT 75.83% CARBS 16.92%

## Properties

Glycemic Index:16.75, Glycemic Load:0.82, Inflammation Score:-8, Nutrition Score:10.395217335742%

## Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 201.3kcal (10.07%), Fat: 18.08g (27.81%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 6.63g (2.41%), Sugar: 4.29g (4.77%), Cholesterol: 0mg (0%), Sodium: 6.85mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.77%), Vitamin C: 41.69mg (50.54%), Manganese: 0.84mg (41.76%), Vitamin A: 1260.54IU (25.21%), Copper: 0.37mg (18.4%), Vitamin B6: 0.24mg (11.96%), Magnesium: 41.32mg (10.33%), Fiber: 2.45g (9.82%), Folate: 37.1µg (9.27%), Vitamin E: 1.39mg (9.27%), Phosphorus: 89.7mg (8.97%), Vitamin B1: 0.1mg (6.59%), Iron: 1.14mg (6.31%), Potassium: 193.99mg (5.54%), Zinc: 0.81mg (5.43%), Vitamin K: 5.02µg (4.78%), Vitamin B2: 0.07mg (4.12%), Vitamin B3: 0.64mg (3.22%), Calcium: 30.85mg (3.09%), Vitamin B5: 0.25mg (2.52%), Selenium: 1.37µg (1.96%)