



Roasted Vegetable Dip with Baked Pita Crisps

 Gluten Free

READY IN



50 min.

SERVINGS



7

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups zucchini sliced
- 1.5 cups to 3 sized squashes yellow sliced
- 1 medium bell pepper red sliced
- 1 medium onion red thinly sliced
- 2 cloves garlic peeled
- 1 serving pam original flavor shopping list
- 0.5 teaspoon salt
- 0.3 teaspoon ground pepper red (cayenne)

- 2 teaspoons canola oil melted
- 1 teaspoon basil dried
- 2 tablespoons parmesan cheese grated

Equipment

- food processor
- frying pan
- baking sheet
- oven
- knife
- blender

Directions

- Heat oven to 400°.
- Spread zucchini, yellow squash, bell pepper, onion and garlic in jelly roll pan, 15 1/2x10 1/2x1 inch. Spray vegetables with cooking spray.
- Sprinkle with salt and red pepper.
- Bake about 30 minutes, turning vegetables once, until vegetables are tender and lightly browned.
- Place vegetables in blender or food processor. Cover and blend on high speed about 1 minute, stopping blender occasionally to scrape sides, until smooth.
- Serve warm, or refrigerate at least 2 hours until chilled.
- Serve with
- Baked Pita Crisps and vegetable dippers.
- Heat oven to 375°. Split each pita bread around edge with knife to make 2 rounds. Lightly brush oil over pita rounds.
- Sprinkle with basil and cheese.
- Cut each round into 8 wedges.
- Place in single layer in 2 ungreased jelly roll pans, 15 1/2x10 1/2x1 inch, or on 2 cookie sheets.

Bake uncovered 6 to 8 minutes or until light brown and crisp. Cool slightly (chips will continue to crisp as they cool).

Serve warm or cool. Store in tightly covered container up to 3 weeks at room temperature.

Nutrition Facts

PROTEIN 14.91% **FAT 38.17%** **CARBS 46.92%**

Properties

Glycemic Index:24, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:5.8769564675572%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 38.67kcal (1.93%), Fat: 1.8g (2.77%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 3.64g (1.32%), Sugar: 2.82g (3.13%), Cholesterol: 1.24mg (0.41%), Sodium: 196.02mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Vitamin C: 33.7mg (40.85%), Vitamin A: 695.09IU (13.9%), Vitamin B6: 0.19mg (9.72%), Manganese: 0.18mg (8.79%), Folate: 26.96µg (6.74%), Potassium: 226.02mg (6.46%), Vitamin K: 6.51µg (6.2%), Vitamin B2: 0.09mg (5.57%), Fiber: 1.34g (5.34%), Phosphorus: 42.61mg (4.26%), Magnesium: 15.95mg (3.99%), Vitamin E: 0.59mg (3.92%), Calcium: 31.69mg (3.17%), Vitamin B1: 0.05mg (3.09%), Iron: 0.48mg (2.66%), Vitamin B3: 0.48mg (2.41%), Copper: 0.05mg (2.33%), Zinc: 0.34mg (2.25%), Vitamin B5: 0.19mg (1.94%), Selenium: 0.85µg (1.21%)