



Roasted Vegetable Dip with Baked Pita Crisps

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons canola oil melted
- ☐ 1 teaspoon basil dried
- ☐ 2 cloves garlic peeled
- ☐ 0.3 teaspoon ground pepper red (cayenne)
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 medium bell pepper red sliced
- ☐ 1 medium onion red thinly sliced
- ☐ 0.5 teaspoon salt

- ☐ 1.5 cups to 3 sized squashes yellow sliced
- ☐ 2 cups zucchini sliced

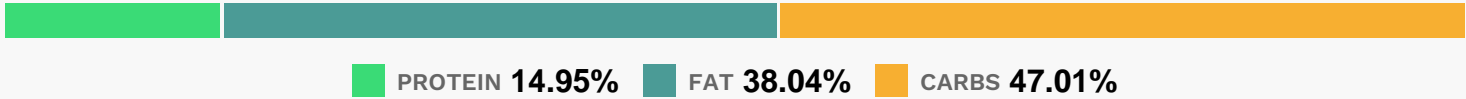
Equipment

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

Directions

- ☐ Heat oven to 375°F. 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 15x10x1-inch pans or on cookie sheets.
- ☐ Bake uncovered 6 to 8 minutes or until light brown and crisp. Cool slightly (crisps will continue to crisp as they cool).
- ☐ Serve warm or cool. (Pita crisps can be stored tightly covered up to 3 weeks at room temperature.)
- ☐ Increase oven temperature to 400°F.
- ☐ Spread zucchini, yellow squash, bell pepper, onion and garlic in ungreased 15x10x1-inch pan. Spray vegetables with cooking spray.
- ☐ Sprinkle with salt and red pepper.
- ☐ Bake about 30 minutes, turning vegetables once, until tender and lightly browned.
- ☐ In blender or food processor, place vegetables. Cover and blend on high speed about 1 minute, stopping blender occasionally to scrape sides, until smooth.
- ☐ Serve dip immediately, or refrigerate at least 2 hours until chilled.
- ☐ Serve with pita crisps.

Nutrition Facts



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: 38.56kcal (1.93%), Fat: 1.79g (2.75%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 4.98g (1.66%), Net Carbohydrates: 3.64g (1.32%), Sugar: 2.82g (3.13%), Cholesterol: 1.24mg (0.41%), Sodium: 196.01mg (8.52%), Alcohol: Og (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%)