



Sara Kate Gillingham-Ryan's Muhammara



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



167 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup breadcrumbs dried fine
- ☐ 8 mint leaves fresh
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 tablespoons pomegranate molasses
- ☐ 2 pounds bell pepper red peeled seeded

- ☐ 1 pepper red hot coarsely chopped
- ☐ 10 servings sea salt
- ☐ 1 cup walnuts toasted
- ☐ 1 small onion yellow chopped

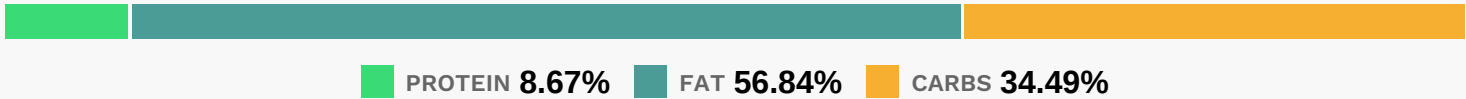
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ In a food processor or blender, combine the peppers, nuts, bread crumbs, onion, chile, garlic, molasses, olive oil, lemon juice, cumin, and a pinch of salt and process just until combined. The mixture should have a coarse texture. Taste and adjust the seasoning, transfer to a bowl, and stir in the mint.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:1.51, Inflammation Score:-9, Nutrition Score:14.806521795366%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 166.66kcal (8.33%), Fat: 11.15g (17.15%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 15.22g (5.07%), Net Carbohydrates: 11.99g (4.36%), Sugar: 6.31g (7.01%), Cholesterol: 0mg (0%), Sodium: 251.56mg (10.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.65%), Vitamin C: 117.83mg (142.82%), Vitamin A: 2882.51IU (57.65%), Manganese: 0.6mg (30.16%), Vitamin B6: 0.35mg (17.71%), Folate: 63.48µg (15.87%), Fiber: 3.24g (12.95%), Vitamin E: 1.94mg (12.93%), Copper: 0.23mg (11.46%), Vitamin B1: 0.17mg (11.02%), Magnesium: 34.8mg (8.7%), Phosphorus: 80.63mg (8.06%), Potassium: 279.69mg (7.99%), Vitamin B3: 1.53mg (7.67%), Vitamin B2: 0.13mg (7.61%), Iron: 1.3mg (7.2%), Vitamin K: 6.98µg (6.65%), Zinc: 0.73mg (4.88%), Vitamin B5: 0.41mg (4.11%), Calcium: 37.77mg (3.78%), Selenium: 2.61µg (3.73%)