



Smoked Caviar and Hummus on Pita Toasts

 Dairy Free

READY IN



60 min.

SERVINGS



100

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5.5 ounce caviar smoked
- ☐ 31 ounce chickpeas rinsed canned
- ☐ 4 teaspoons cumin seeds toasted
- ☐ 1 leaves parsley fresh
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 garlic clove coarsely chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.8 cup olive oil

- ☐ 2 teaspoons paprika
- ☐ 10 6-inch wholewheat pita breads ()
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup tahini (Middle Eastern sesame paste)
- ☐ 0.3 cup water

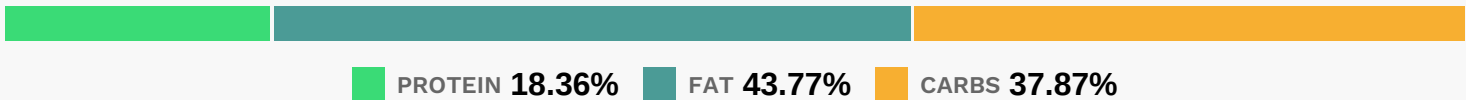
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags
- ☐ pastry bag

Directions

- ☐ Preheat oven to 350°F.
- ☐ Halve pitas horizontally and stir together oil and paprika.
- ☐ Brush rough sides of pitas with paprika oil and season with salt.
- ☐ Cut each pita round into 8 wedges and bake in single layers on a large baking sheet in middle of oven 10 minutes, or until crisp.
- ☐ Finely grind cumin seeds in an electric coffee/spice grinder. Purée chick-peas in a food processor with cumin, garlic, parsley, tahini, lemon juice, and salt and add enough water to make smooth.
- ☐ Put hummus in a pastry bag fitted with a 3/8-inch plain tip. Pipe a scant 1/2 teaspoon onto each pita toast and top with 1/4 teaspoon caviar.
- ☐ • Pita toasts may be made 2 days ahead, cooled, and kept in sealable plastic bags at room temperature.&149; Hummus can be made (without lemon juice so parsley remains green) 2 days ahead and chilled, covered. Stir in lemon juice just before assembling.

Nutrition Facts



Properties

Glycemic Index:2.37, Glycemic Load:0.51, Inflammation Score:-1, Nutrition Score:2.0843478130258%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 29.44kcal (1.47%), Fat: 1.49g (2.3%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 2.91g (0.97%), Net Carbohydrates: 2.15g (0.78%), Sugar: 0.45g (0.49%), Cholesterol: 9.17mg (3.06%), Sodium: 60.18mg (2.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.82%), Vitamin B12: 0.31µg (5.2%), Manganese: 0.1mg (4.8%), Folate: 17.57µg (4.39%), Vitamin K: 4.04µg (3.84%), Iron: 0.57mg (3.18%), Phosphorus: 30.63mg (3.06%), Fiber: 0.76g (3.03%), Copper: 0.05mg (2.69%), Magnesium: 10.58mg (2.65%), Selenium: 1.77µg (2.53%), Vitamin B1: 0.03mg (2.24%), Zinc: 0.21mg (1.43%), Calcium: 11.64mg (1.16%), Vitamin A: 55.74IU (1.11%), Potassium: 38.29mg (1.09%), Vitamin B6: 0.02mg (1.05%), Vitamin B2: 0.02mg (1.05%)