

# **Spiced Yogurt Dip with Pita and Peppers**

Vegetarian

READY IN

SERVINGS

CALORIES

ANTIPASTI

STARTER

SNACK

APPETIZER

## **Ingredients**

3 bell peppers assorted cut lengthwise into 1/2-inch-wide strips (colors)
O.5 teaspoon peppercorns black
O.5 teaspoon caraway seeds
1 cup cilantro leaves fresh loosely packed
2 medium garlic cloves chopped
2 cardamom pods green
3 tablespoons olive oil
4 6-inch pita loaves with pockets ()

	0.3 teaspoon salt	
	3 inch serrano chile fresh chopped	
	1.5 cups whole-milk greek yogurt plain	
	2 tablespoons butter unsalted melted	
	2 tablespoons water	
Equipment		
	bowl	
	frying pan	
	baking sheet	
	oven	
	sieve	
	blender	
Directions		
	Lightly crush cardamom pods with your thumb, then remove seeds, discarding husks. Toast cardamom, caraway seeds, and peppercorns in a dry small heavy skillet over moderate heat, stirring, until fragrant and a shade darker, then cool. Grind spice mixture to a powder in grinder. Purée cilantro with spice mixture, garlic, chile, 2 tablespoons water, and 1 tablespoon oil in a blender until smooth (add remaining tablespoon water if necessary). Stir purée into yogurt and season with salt.	
	Put oven racks in upper and lower thirds of oven and preheat oven to 375°F.	
	Split pitas to make 8 rounds. Stir together butter, salt, and remaining 2 tablespoons oil in a small bowl, then lightly brush on rough sides of pitas.	
	Cut pitas into 1/2-inch-wide strips and arrange in 1 layer on 2 baking sheets.	
	Bake, switching position of sheets halfway through baking, until golden and crisp, about 10 minutes total.	
	Transfer toasts to a rack to cool.3	
	Serve dip with toasts and bell peppers.	
	·If you can't find Greek yogurt, drain 3 cups regular plain whole-milk yogurt in a paper-towel-lined sieve set over a bowl, covered and chilled, 8 to 12 hours. Dip can be made 1 day ahead	

and chilled, covered. Bring to room temperature before serving. Toasts can be made 2 days ahead and cooled completely, then kept in an airtight container at room temperature.

### **Nutrition Facts**

PROTEIN 15.89% FAT 65.76% CARBS 18.35%

#### **Properties**

Glycemic Index:28.5, Glycemic Load:0.94, Inflammation Score:-8, Nutrition Score:9.2856520505055%

#### **Flavonoids**

Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 1.33mg, Quercetin: 1.33mg

#### Nutrients (% of daily need)

Calories: 111.9kcal (5.6%), Fat: 8.45g (12.99%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 3.99g (1.45%), Sugar: 3.17g (3.52%), Cholesterol: 9.4mg (3.13%), Sodium: 92.62mg (4.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.19%), Vitamin C: 58.45mg (70.85%), Vitamin A: 1632.08IU (32.64%), Manganese: 0.26mg (12.78%), Vitamin K: 12.37µg (11.78%), Vitamin E: 1.61mg (10.73%), Vitamin B2: 0.15mg (8.92%), Vitamin B6: 0.17mg (8.68%), Phosphorus: 68.45mg (6.85%), Folate: 24.92µg (6.23%), Selenium: 3.95µg (5.64%), Calcium: 53.03mg (5.3%), Fiber: 1.31g (5.25%), Potassium: 175.81mg (5.02%), Vitamin B12: 0.27µg (4.47%), Magnesium: 12.57mg (3.14%), Vitamin B5: 0.29mg (2.93%), Vitamin B3: 0.58mg (2.92%), Vitamin B1: 0.04mg (2.6%), Zinc: 0.39mg (2.58%), Iron: 0.43mg (2.38%), Copper: 0.03mg (1.53%)