



Spiced Yogurt Dip with Pita and Peppers

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 bell peppers assorted cut lengthwise into 1/2-inch-wide strips (colors)
- ☐ 0.5 teaspoon peppercorns black
- ☐ 0.5 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

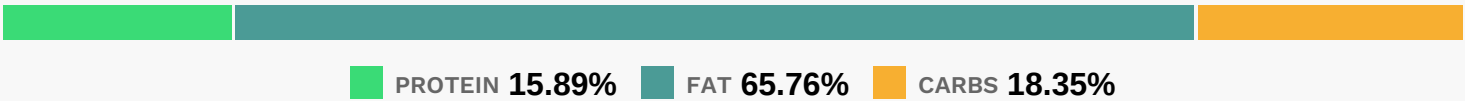
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ blender

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



Properties

Glycemic Index:28.5, Glycemic Load:0.94, Inflammation Score:-8, Nutrition Score:9.28565205050555%

Flavonoids

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