



Tiss'ye

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



1327 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 3.5 cups chickpeas boiled canned rinsed drained fine (is ; and)
- 1 teaspoon cumin
- 2 cloves garlic
- 2 teaspoons juice of lemon freshly squeezed
- 1 pinch paprika
- 0.5 cup pinenuts
- 2 small wholewheat pita breads

- 3 cups yogurt plain
- 1 teaspoon salt plus more to taste
- 1 tablespoon tahini
- 0.5 cup vegetable oil for frying

Equipment

- bowl
- paper towels
- ladle
- pot
- mortar and pestle

Directions

- In a cooking pot, heat the chickpeas in water (to cover) over medium heat, then lower heat to a simmer.
- Meanwhile, mash garlic with 1 teaspoon salt in a mortar and pestle, then gradually drizzle in the lemon juice and keep mashing until you have a creamy paste. Stir mixture into yogurt, mix in the tahini, and set aside.
- Tear the pita into roughly 1-inch pieces.
- Heat the vegetable oil over medium heat, and fry the bread pieces until browned and crisp, then set aside to drain on a plate lined with paper towels. Alternatively, toast the pita halves instead of frying, then break the bread into pieces.
- Drain chickpeas, place them in a bowl, and sprinkle with cumin and salt to taste.
- A few minutes before you're ready to serve the dish, heat butter over medium heat and sauté pine nuts until browned, being careful not to blacken them.
- In a deep-sided serving dish, place one layer of the bread pieces, followed by a layer of the chickpeas, and alternate layers until you run out of ingredients (depending on the size of your dish, you may only have one layer of each). Ladle the yogurt over the top.
- Sprinkle the pine nuts in their butter over top, and add a pinch of paprika for color (optional).
- Serve immediately, while bread is crisp.

Nutrition Facts

PROTEIN 14.57% FAT 45.91% CARBS 39.52%

Properties

Glycemic Index:120.88, Glycemic Load:47.26, Inflammation Score:-10, Nutrition Score:50.808695762054%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1326.59kcal (66.33%), Fat: 69.62g (107.11%), Saturated Fat: 19.66g (122.86%), Carbohydrates: 134.86g (44.95%), Net Carbohydrates: 110.02g (40.01%), Sugar: 32.31g (35.89%), Cholesterol: 77.88mg (25.96%), Sodium: 1747.63mg (75.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.72g (99.44%), Manganese: 6.3mg (314.94%), Folate: 553.26µg (138.32%), Phosphorus: 1152.41mg (115.24%), Fiber: 24.85g (99.38%), Copper: 1.72mg (86.17%), Magnesium: 293.37mg (73.34%), Iron: 12.2mg (67.8%), Calcium: 668.67mg (66.87%), Zinc: 9.66mg (64.37%), Vitamin B1: 0.85mg (56.36%), Vitamin B2: 0.86mg (50.31%), Potassium: 1747.71mg (49.93%), Vitamin K: 51.58µg (49.12%), Vitamin E: 5.65mg (37.65%), Selenium: 22.15µg (31.64%), Vitamin B6: 0.62mg (31.19%), Vitamin B5: 2.62mg (26.19%), Vitamin B3: 4.97mg (24.86%), Vitamin B12: 1.38µg (23.06%), Vitamin A: 843.88IU (16.88%), Vitamin C: 9.1mg (11.03%), Vitamin D: 0.37µg (2.45%)