

Muhammara

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/muhammara-recipe-india>

Ingredients:

- 3 red peppers
- 7 3/8 tablespoons fresh breadcrumbs
- 1/2 tablespoon lemon juice
- 1 tablespoon pomegranate molasses
- 1 1/2 teaspoons ground cumin
- 1 tablespoon chilli flakes dried aleppo
- 1 garlic clove small, peeled and crushed
- 6 3/8 tablespoons walnuts finely chopped by hand
- 2 tablespoons olive oil plus extra to finish
- salt

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 19 grams
3. Fat: 16 grams
4. Fiber: 3 grams
5. Protein: 4 grams
6. SaturatedFat: 2 grams
7. Sodium: 290 milligrams
8. Sugar: 8 grams

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