

Muhammara (Walnut Spread)

Portions:

324	12	Item
54 cups	2 cups	Walnut
pieces, raw		
54 ea	2 ea	Bell Peppers,
red, roasted and skins removed		
6 ¼ cups	¼ cup	Bread crumbs
3 Tbsp	Pinch	Red pepper
flakes		
54 ea	2 ea	Garlic cloves
5 cups	3 Tbsp	Lemon juice
5 cups	3 Tbsp	Pomegranate
molasses		
¼ cup+2 Tbsp	1 Tbsp	Paprika,
sweet		
½ cup+1 Tbsp	1 tsp	Cumin
powder		
½ cup+1 Tbsp	1 tsp	Salt
3 1/3 cups	2 Tbsp	Walnut oil,
plus extra if needed		

Method:

1. Toast walnuts in a 450°F oven until just turning color, about 8 minutes
2. Dry the peppers very well by draining in a colander overnight or pressing between paper towels
3. In a food processor, blend all ingredients until smooth with a little bit of texture
4. Adjust seasonings with lemon juice, salt, or pomegranate molasses to your taste
5. Adjust consistency with more oil or bread crumbs as needed

*TALKING POINTS:

- Walnut based
- Bioactive elements of red peppers, garlic, pomegranate, paprika, cumin, olive oil
- Protein source
- Can be spread or dip

Nutrition Facts			
Serving Size (38g)			
Servings Per Container			
Amount Per Serving			
Calories 170		Calories from Fat 140	
% Daily Value*			
Total Fat 15g			23%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 190mg			8%
Total Carbohydrate 8g			3%
Dietary Fiber 2g			8%
Sugars 3g			
Protein 3g			
Vitamin A 6%		Vitamin C 4%	
Calcium 2%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			