

What She Ate

health-score59%

HEALTH SCORE

Artichoke Hummus

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

20 min.

SERVINGS

servings

3

CALORIES

calories

435 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce artichoke hearts drained quartered canned
- ☐ 30 ounce .5 can cannellini beans drained canned (reserve juice)
- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 cloves garlic chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon tahini
- ☐ 1 tablespoon water

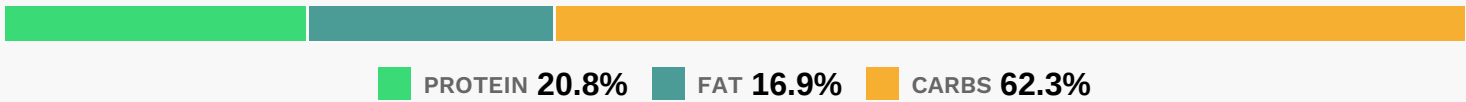
Equipment

- ☐ food processor
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake chopped garlic in the preheated oven until softened, 5 to 7 minutes, to reduce bitterness.
- ☐ Transfer baked garlic to a food processor and add basil and lemon juice; pulse several times to mince basil leaves.
- ☐ Place cannellini beans, olive oil, water, tahini, salt, and cumin in the food processor and process until the hummus is smooth. If hummus is too thick, process 1 tablespoon reserved liquid from beans into the mixture.
- ☐ Add artichoke hearts to the hummus and process until smooth.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:14.71, Inflammation Score:-7, Nutrition Score:23.348695708358%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 434.98kcal (21.75%), Fat: 8.26g (12.71%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 68.5g (22.83%), Net Carbohydrates: 52.32g (19.03%), Sugar: 2.21g (2.45%), Cholesterol: 0mg (0%), Sodium: 928.45mg (40.37%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.87g (45.74%), Manganese: 1.54mg (76.94%), Fiber: 16.17g (64.7%), Iron: 9.05mg (50.27%), Folate: 192.2µg (48.05%), Potassium: 1342.37mg (38.35%), Magnesium: 152.82mg (38.2%), Copper: 0.76mg (37.9%), Phosphorus: 305.28mg (30.53%), Vitamin B1: 0.36mg (24.17%), Zinc: 3.47mg (23.16%), Calcium: 225.93mg (22.59%), Vitamin E: 2.95mg (19.67%), Vitamin K: 16.63µg (15.84%), Vitamin B6: 0.27mg (13.27%), Selenium: 6.71µg (9.59%), Vitamin B2: 0.12mg (6.93%), Vitamin C: 5.28mg (6.4%), Vitamin B5: 0.56mg (5.58%), Vitamin B3: 0.66mg (3.3%), Vitamin A: 78.79IU (1.58%)