






 **12%**
HEALTH SCORE

Basil Lime White Bean Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

45 min.

SERVINGS

8

CALORIES

96 kcal

ANTIPASTI **STARTER** **SNACK** **APPETIZER**

Ingredients

- 15 ounce cannellini beans drained and rinsed canned
- 2 cloves garlic minced
- 0.3 cup basil fresh
- 0.3 cup basil fresh
- 1 lime zest
- 0.5 juice of lime
- 2 tablespoons olive oil
- 4 tablespoons water as needed (add only)

- 0.5 teaspoon salt
- 0.3 teaspoon pepper black

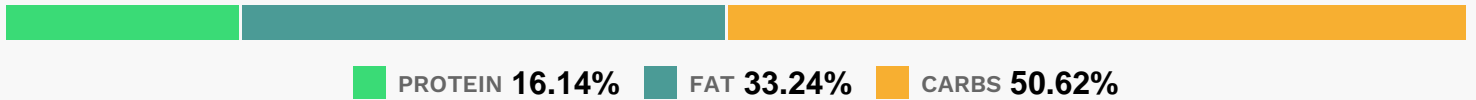
Equipment

- food processor

Directions

- Combine beans, garlic, basil, lime zest, juice, and olive oil in the food processor and blend until mixed.
- With the processor on, add water until desired consistency is reached.
- Add salt and pepper, then taste and add more if needed.
- Serve with chips or veggies, preferably cold. If you can't wait, eat it right away!

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:3, Inflammation Score:-2, Nutrition Score:4.9795652173913%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Taste

Sweetness: 13.66%, Saltiness: 26.58%, Sourness: 8.44%, Bitterness: 23.34%, Savoriness: 3.12%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 96.14kcal (4.81%), Fat: 3.69g (5.67%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 9.79g (3.56%), Sugar: 0.34g (0.38%), Cholesterol: 0mg (0%), Sodium: 148.85mg (6.47%), Protein: 4.03g (8.05%), Manganese: 0.31mg (15.64%), Fiber: 2.85g (11.4%), Iron: 1.73mg (9.6%), Vitamin K: 10.05µg (9.57%), Folate: 36.46µg (9.12%), Potassium: 260.39mg (7.44%), Magnesium: 29.09mg (7.27%), Copper: 0.14mg (6.97%), Vitamin E: 0.96mg (6.4%), Phosphorus: 52.23mg (5.22%), Calcium: 46.47mg (4.65%), Vitamin C: 3.5mg (4.25%),

Zinc: 0.63mg (4.19%), Vitamin B1: 0.06mg (3.74%), Vitamin B6: 0.06mg (2.8%), Vitamin A: 84.66IU (1.69%),
Selenium: 1µg (1.43%), Vitamin B2: 0.02mg (1.39%), Vitamin B5: 0.13mg (1.27%)