

Beet Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 pound beets cooked peeled scrubbed cubed (4 medium beets)
- ☐ 2 Tbsp tahini sesame seed paste
- ☐ 5 Tbsp juice of lemon
- ☐ 1 small clove garlic chopped
- ☐ 1 Tbsp ground cumin
- ☐ 1 Tbsp lemon zest (zest from approx. 2 lemons)
- ☐ 1 pinch kosher salt generous
- ☐ 8 servings ground pepper fresh to taste

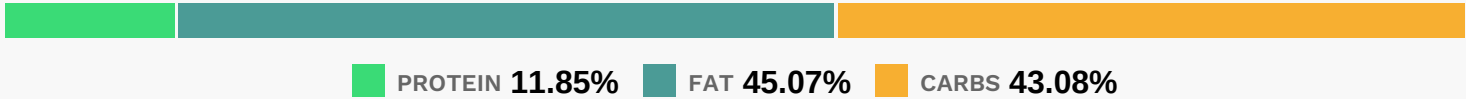
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Place all ingredients in a food processor (or blender) and pulse until smooth. Taste and adjust seasonings and ingredients as desired.
- ☐ Chill and store in the refrigerator for up to 3 days or freeze for longer storage.
- ☐ Eat with pita chips, or with sliced cucumber or celery, or on a crostini with goat cheese and shaved mint.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:1.29, Inflammation Score:-2, Nutrition Score:2.9708695865196%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 40.43kcal (2.02%), Fat: 2.23g (3.44%), Saturated Fat: 0.3g (1.9%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 3.61g (1.31%), Sugar: 2.21g (2.45%), Cholesterol: 0mg (0%), Sodium: 29.75mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.64%), Folate: 36.65µg (9.16%), Vitamin C: 6.32mg (7.66%), Manganese: 0.14mg (6.92%), Vitamin B1: 0.08mg (5.11%), Iron: 0.92mg (5.11%), Fiber: 1.19g (4.76%), Copper: 0.09mg (4.64%), Phosphorus: 46.28mg (4.63%), Potassium: 136.45mg (3.9%), Magnesium: 13.77mg (3.44%), Selenium: 1.6µg (2.29%), Zinc: 0.32mg (2.14%), Calcium: 19.5mg (1.95%), Vitamin B6: 0.04mg (1.92%), Vitamin B3: 0.36mg (1.78%), Vitamin B2: 0.02mg (1.23%)