



Beetroot hummus with crisp pittas



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



543 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 175 g beets cooked
- ☐ 400 g garbanzo beans canned
- ☐ 1 garlic clove crushed chopped
- ☐ 1 handful cilantro leaves
- ☐ 2 juice of lemon
- ☐ 5 tbsp olive oil
- ☐ 1 head endive red
- ☐ 2 handfuls arugula

- ☐ 1 handful olives
- ☐ 6 large wholewheat pita breads

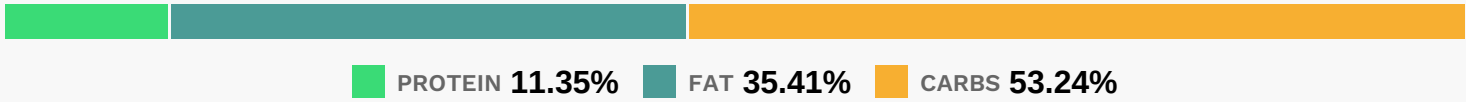
Equipment

- ☐ food processor

Directions

- ☐ Roughly chop the beetroot.
- ☐ Drain and rinse the chickpeas.
- ☐ Put these in a food processor with the garlic, coriander, lemon juice and olive oil. Blitz until fairly smooth. Taste and add freshly ground pepper, and salt if you wish.
- ☐ Divide the salad leaves between 6 plates. Spoon a little hummus onto each plate and scatter with a few olives.
- ☐ Drizzle a little oil over the leaves and sprinkle with a little black pepper, and salt, if you wish.
- ☐ Toast the pittas, cut into wedges and serve with the hummus.

Nutrition Facts



Properties

Glycemic Index:85.08, Glycemic Load:52.53, Inflammation Score:-10, Nutrition Score:28.73434764406%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 14.85mg, Kaempferol: 14.85mg, Kaempferol: 14.85mg, Kaempferol: 14.85mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 542.53kcal (27.13%), Fat: 21.71g (33.39%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 73.45g (24.48%), Net Carbohydrates: 61.94g (22.52%), Sugar: 3.86g (4.29%), Cholesterol: 0mg (0%), Sodium: 901.06mg (39.18%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.65g (31.3%), Vitamin K: 284.58µg (271.03%), Manganese: 1.92mg (95.9%), Folate: 267.53µg (66.88%), Vitamin A: 2792.71IU (55.85%), Fiber: 11.51g (46.03%), Vitamin B6: 0.58mg (29.1%), Vitamin B1: 0.39mg (25.81%), Copper: 0.47mg (23.44%), Potassium: 810.28mg (23.15%), Iron: 4.08mg (22.69%), Phosphorus: 224.53mg (22.45%), Vitamin E: 3.31mg (22.09%), Vitamin C: 17.37mg (21.05%), Magnesium: 83.93mg (20.98%), Calcium: 199.6mg (19.96%), Vitamin B5: 1.81mg (18.11%), Zinc: 2.56mg (17.05%), Vitamin B3: 2.73mg (13.63%), Vitamin B2: 0.22mg (12.81%), Selenium: 2.74µg (3.91%)