



 **55%**
HEALTH SCORE

Berbere-Spiced Red Lentil Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons berbere to taste (below)
- 2 teaspoons ground pepper to taste (use more)
- 1 tablespoon cinnamon
- 2 large cloves garlic peeled
- 1 tablespoon ground allspice
- 1 tablespoon ground cardamom
- 0.3 teaspoon ground cloves
- 1 tablespoon ground coriander

- 1 tablespoon ground fenugreek
- 1 tablespoon pepper black
- 1 tablespoon juice of lemon
- 2 tablespoons paprika
- 1.3 cup lentils red picked over rinsed (and)
- 1 tablespoon sea salt
- 1 tablespoon tahini good (optional, but)
- 1 tablespoon turmeric
- 3 cups water

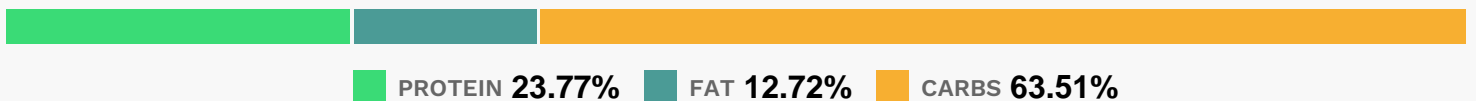
Equipment

- food processor
- bowl
- sauce pan

Directions

- Put the lentils and water in a medium saucepan and bring to a boil. Reduce heat and simmer, covered, until the lentils are soft, about 20–30 minutes. Check often and add water if it seems dry.
- Drain all water from the lentils.
- Put them and all remaining ingredients into the food processor and blend until smooth. Check seasonings and add more lemon juice, berberé, and salt.
- Transfer to a covered bowl, sprinkle with chopped chili peppers, if desired, and serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:40.9, Glycemic Load:4.82, Inflammation Score:-10, Nutrition Score:27.621304719344%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 275.83kcal (13.79%), Fat: 4.12g (6.33%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 46.25g (15.42%), Net Carbohydrates: 23.34g (8.49%), Sugar: 1.83g (2.03%), Cholesterol: 0mg (0%), Sodium: 1823.36mg (79.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.31g (34.62%), Manganese: 2.13mg (106.42%), Fiber: 22.92g (91.66%), Folate: 279.88µg (69.97%), Iron: 8.26mg (45.91%), Vitamin A: 2193.86IU (43.88%), Vitamin B1: 0.59mg (39.38%), Phosphorus: 325.92mg (32.59%), Magnesium: 104.66mg (26.17%), Copper: 0.51mg (25.52%), Vitamin B6: 0.49mg (24.59%), Zinc: 3.47mg (23.12%), Potassium: 808.05mg (23.09%), Vitamin B5: 1.33mg (13.34%), Vitamin B3: 2.4mg (11.98%), Vitamin B2: 0.2mg (11.93%), Calcium: 115.67mg (11.57%), Vitamin E: 1.73mg (11.51%), Selenium: 7.25µg (10.36%), Vitamin K: 9.94µg (9.47%), Vitamin C: 7.63mg (9.25%)