



# Black Bean Hummus

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

133 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

## Ingredients

- ☐ 1 cup black beans cooked
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 head iceberg lettuce cut into wedges
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon citrus champagne vinegar

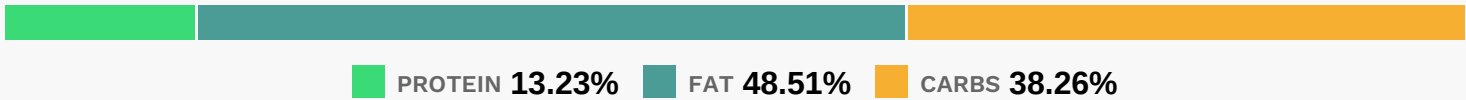
# Equipment

☐ food processor

# Directions

- ☐ Watch how to make this recipe.
- ☐ Blend all the ingredients, except the lettuce, in a food processor until almost smooth.
- ☐ Let sit for 15 minutes before serving with iceberg lettuce wedges.

# Nutrition Facts



# Properties

Glycemic Index:32.25, Glycemic Load:2.4, Inflammation Score:-5, Nutrition Score:6.9865217468013%

# Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

# Nutrients (% of daily need)

Calories: 132.74kcal (6.64%), Fat: 7.41g (11.4%), Saturated Fat: 1.05g (6.54%), Carbohydrates: 13.15g (4.38%), Net Carbohydrates: 8.51g (3.09%), Sugar: 1.53g (1.7%), Cholesterol: 0mg (0%), Sodium: 8.25mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.09%), Folate: 85.17µg (21.29%), Vitamin K: 20.64µg (19.66%), Fiber: 4.64g (18.56%), Manganese: 0.31mg (15.57%), Magnesium: 36.69mg (9.17%), Vitamin B1: 0.14mg (9.17%), Iron: 1.43mg (7.94%), Phosphorus: 77.13mg (7.71%), Vitamin E: 1.15mg (7.67%), Potassium: 265.71mg (7.59%), Vitamin A: 345.04IU (6.9%), Vitamin C: 5.06mg (6.13%), Copper: 0.11mg (5.7%), Zinc: 0.61mg (4.06%), Vitamin B6: 0.07mg (3.6%), Calcium: 28.61mg (2.86%), Vitamin B2: 0.05mg (2.66%), Vitamin B5: 0.18mg (1.81%), Vitamin B3: 0.32mg (1.62%), Selenium: 0.72µg (1.02%)