



Black Bean Hummus



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 0.5 cup cilantro leaves fresh divided chopped
- ☐ 1 garlic clove peeled
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.5 small jalapeno seeded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 3 6-inch wholewheat pita breads ()

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons tahini (roasted sesame seed paste)
- ☐ 2 tablespoons water

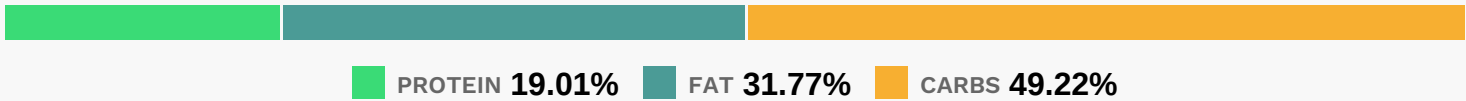
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Place 1/4 cup cilantro, tahini, and next 8 ingredients (through jalapeo) in a food processor; process until smooth. Spoon into a bowl; sprinkle with remaining 1/4 cup cilantro.
- ☐ Cut each pita into 8 wedges. Arrange on a baking sheet.
- ☐ Bake at 425 for 6 minutes, turning once.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:2.64, Inflammation Score:-4, Nutrition Score:6.1830434799194%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 111.55kcal (5.58%), Fat: 4.08g (6.28%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 9.33g (3.39%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 77.69mg (3.38%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 5.5g (11%), Folate: 84.23µg (21.06%), Fiber: 4.9g (19.62%), Vitamin B1: 0.19mg (12.95%), Manganese: 0.26mg (12.82%), Phosphorus: 107.15mg (10.71%), Magnesium: 42.38mg (10.59%), Copper: 0.18mg (8.96%), Iron: 1.45mg (8.07%), Potassium: 223.02mg (6.37%), Zinc: 0.79mg (5.3%), Vitamin K: 4.35µg (4.15%), Vitamin C: 2.72mg (3.3%), Selenium: 2.01µg (2.87%), Vitamin B6: 0.05mg (2.72%), Vitamin B3: 0.53mg (2.63%), Calcium: 23.86mg (2.39%), Vitamin B2: 0.04mg (2.36%), Vitamin E: 0.32mg (2.15%), Vitamin A: 86.9IU (1.74%), Vitamin B5: 0.15mg (1.45%)