



Black-Eyed Pea Hummus



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 31.6 ounce black-eyed peas drained canned
- ☐ 3 garlic cloves peeled
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup juice of lemon fresh (2 lemons)
- ☐ 0.5 teaspoon paprika
- ☐ 14 6-inch pitas quartered ()
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup tahini (sesame-seed paste)

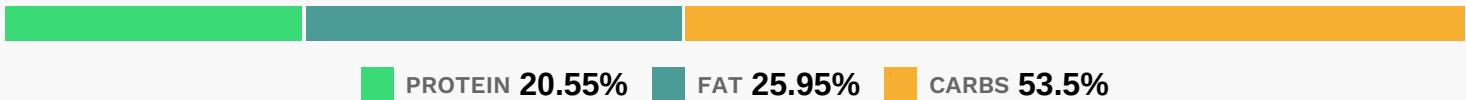
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Drop garlic through chute of food processor with processor on; process 3 seconds or until garlic is minced.
- ☐ Add lemon juice and next 5 ingredients (lemon juice through peas); process until smooth, scraping sides of bowl occasionally.
- ☐ Serve with pita wedges.
- ☐ Garnish with fresh chives, if desired.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:3.78, Inflammation Score:-4, Nutrition Score:6.7795652773069%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 100.12kcal (5.01%), Fat: 3.01g (4.64%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 13.99g (4.66%), Net Carbohydrates: 10.02g (3.65%), Sugar: 2.05g (2.28%), Cholesterol: 0mg (0%), Sodium: 81.78mg (3.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Folate: 123.15µg (30.79%), Fiber: 3.96g (15.85%), Manganese: 0.29mg (14.29%), Vitamin B1: 0.2mg (13.26%), Phosphorus: 129.98mg (13%), Copper: 0.24mg (11.83%), Iron: 1.75mg (9.73%), Magnesium: 35.82mg (8.96%), Zinc: 0.98mg (6.53%), Potassium: 193.44mg (5.53%), Selenium: 3.22µg (4.6%), Vitamin C: 3.57mg (4.33%), Vitamin B6: 0.08mg (3.81%), Vitamin B3: 0.6mg (3%), Vitamin B5: 0.25mg (2.49%), Calcium: 24.07mg (2.41%), Vitamin B2: 0.04mg (2.39%), Vitamin E: 0.19mg (1.27%)