



Blackeyed Pea Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup blackeyed peas dried canned drained (or 2 cups and well-rinsed and)
- 3 cloves garlic
- 1 tablespoon hot sauce (see note)
- 1 tablespoons juice of lemon
- 0.5 medium peas canned coarsely chopped (omit if using peas)
- 0.3 cup pecans chopped (see note)
- 1 teaspoon salt to taste
- 1 teaspoon paprika smoked

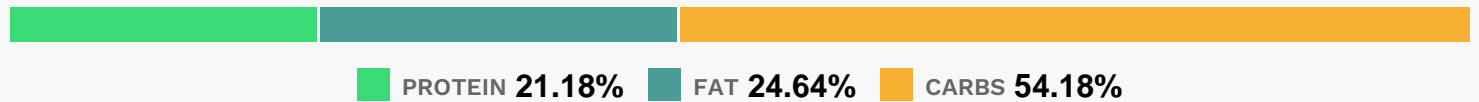
Equipment

- food processor
- pressure cooker

Directions

- Add 3 cups of water and the chopped onion. In the pressure cooker, cook at high pressure for 10 minutes; allow pressure to come down naturally. For regular cooking, bring to a boil, reduce heat and cook covered until peas are tender, about 45 minutes, adding additional water as needed.
- Drain peas well. (If using canned peas, skip to step 2.)
- Place the pecans in the food processor and whiz them until they are powdered.
- Add the drained peas and all remaining ingredients except salt and process until fairly smooth.
- Add salt and additional lemon juice to taste.
- Scrape into a covered container and refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:0.17, Inflammation Score:-6, Nutrition Score:9.7395652169767%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 128.91kcal (6.45%), Fat: 3.69g (5.67%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 14.68g (5.34%), Sugar: 2.24g (2.49%), Cholesterol: 0mg (0%), Sodium: 449.96mg (19.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.13g (14.26%), Folate: 178.04µg (44.51%), Manganese: 0.66mg (33.13%), Vitamin B1: 0.27mg (18.2%), Copper: 0.3mg (14.9%), Magnesium: 57.96mg (14.49%), Fiber: 3.55g (14.2%), Iron: 2.53mg (14.05%), Phosphorus: 134.43mg (13.44%), Potassium: 347.61mg (9.93%), Zinc: 1.18mg (7.87%), Vitamin B6: 0.14mg (6.96%), Vitamin B5: 0.48mg (4.79%), Vitamin B2: 0.08mg (4.51%), Vitamin C: 3.53mg (4.28%), Selenium: 2.92µg (4.17%), Calcium: 37.85mg (3.79%), Vitamin A: 185.71IU (3.71%), Vitamin B3: 0.68mg (3.42%), Vitamin E: 0.28mg (1.84%), Vitamin K: 1.91µg (1.82%)