



Boiled Peanut Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



25

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon garlic fresh minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1.5 teaspoons hot sauce
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons peanut butter
- ☐ 1 cup peanuts boiled shelled

- ☐ 1 slices rice crackers
- ☐ 1 tablespoon sesame seed toasted

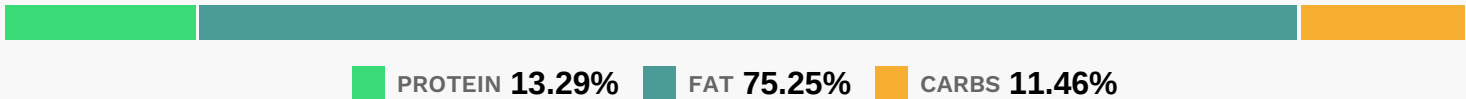
Equipment

- ☐ food processor

Directions

- ☐ Process first 7 ingredients in a food processor until coarsely chopped, stopping to scrape down sides. With processor running, pour olive oil through food chute in a slow, steady stream, processing until mixture is smooth. Stir in up to 5 Tbsp. water, 1 Tbsp. at a time, for desired consistency. Stir in sesame seeds.
- ☐ Serve with rice crackers and vegetables.

Nutrition Facts



Properties

Glycemic Index:6.49, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:2.5713043394296%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 54.21kcal (2.71%), Fat: 4.85g (7.46%), Saturated Fat: 0.76g (4.72%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.32g (0.35%), Cholesterol: 0mg (0%), Sodium: 13.42mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.85%), Manganese: 0.19mg (9.4%), Vitamin C: 5.3mg (6.42%), Vitamin B3: 1.16mg (5.78%), Folate: 17.28µg (4.32%), Magnesium: 14.93mg (3.73%), Copper: 0.07mg (3.63%), Vitamin B1: 0.05mg (3.1%), Phosphorus: 30.46mg (3.05%), Fiber: 0.74g (2.97%), Vitamin A: 118.66IU (2.37%), Vitamin E: 0.34mg (2.28%), Vitamin B6: 0.04mg (2.08%), Iron: 0.34mg (1.87%), Potassium: 62.7mg (1.79%), Vitamin B5: 0.13mg (1.31%), Zinc: 0.19mg (1.29%), Calcium: 10.82mg (1.08%)