



Boiled Peanut Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 25 servings garnish: cilantro sprigs fresh
- ☐ 2 tablespoons creamy peanut butter
- ☐ 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

- ☐ 25 servings olive oil
- ☐ 1 cup spicy peanuts boiled shelled
- ☐ 25 servings bell pepper
- ☐ 0.3 cup water

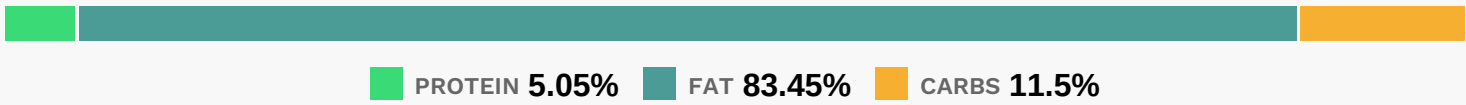
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Process peanuts, water, cilantro, lime juice, 2 Tbsp. olive oil, peanut butter, hot sauce, garlic, and cumin in a food processor 1 minute or until smooth. Spoon into shot glasses or small bowls, and drizzle with olive oil.
- ☐ Sprinkle with pepper.
- ☐ Serve with carrot or celery sticks.
- ☐ Garnish with fresh cilantro sprigs.

Nutrition Facts



Properties

Glycemic Index:6.37, Glycemic Load:1.03, Inflammation Score:-9, Nutrition Score:12.162608760854%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 194.57kcal (9.73%), Fat: 18.9g (29.08%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 3.67g (1.33%), Sugar: 3.29g (3.66%), Cholesterol: 0mg (0%), Sodium: 16.66mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.15%), Vitamin C: 95.97mg (116.33%), Vitamin A: 2342.76IU (46.86%),

Vitamin E: 3.48mg (23.19%), Manganese: 0.26mg (13%), Vitamin K: 13.18µg (12.55%), Folate: 49.61µg (12.4%), Vitamin B6: 0.25mg (12.27%), Vitamin B3: 1.84mg (9.18%), Fiber: 2.19g (8.78%), Potassium: 211.29mg (6.04%), Magnesium: 22.35mg (5.59%), Vitamin B1: 0.08mg (5.48%), Phosphorus: 46.91mg (4.69%), Vitamin B2: 0.07mg (4.38%), Iron: 0.68mg (3.75%), Copper: 0.07mg (3.61%), Vitamin B5: 0.36mg (3.56%), Zinc: 0.35mg (2.31%), Calcium: 12.93mg (1.29%)