



HEALTH SCORE

55%

Butternut & harissa hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 400 g butternut squash peeled cut into 2cm pieces
- ☐ 3 garlic clove unpeeled
- ☐ 2 tbsp olive oil
- ☐ 3 tbsp tahini
- ☐ 1 tbsp harissa for drizzling plus a little extra
- ☐ 400 g garbanzo beans drained and rinsed canned

Equipment

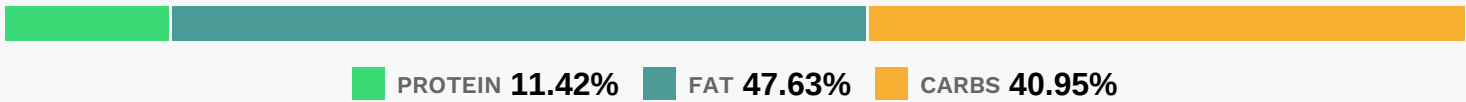
- ☐ food processor

- ☐ bowl
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the butternut squash and garlic cloves in a roasting tin, season well and add 100ml water. Cover the tin with foil and bake for 45 mins, until the squash is really tender. Leave to cool.
- ☐ Tip the squash into a food processor with any juices from the tin.
- ☐ Add the garlic cloves, squeezed out of their skins.
- ☐ Add the remaining ingredients, season with salt and blend to a paste.
- ☐ Scrape the hummus into a bowl.
- ☐ Drizzle with extra harissa before serving.

Nutrition Facts



Properties

Glycemic Index:11.72, Glycemic Load:2.58, Inflammation Score:-10, Nutrition Score:14.257391286933%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 178.85kcal (8.94%), Fat: 10.02g (15.42%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 14.68g (5.34%), Sugar: 1.81g (2.02%), Cholesterol: 0mg (0%), Sodium: 224.47mg (9.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Vitamin A: 7118.83IU (142.38%), Manganese: 0.71mg (35.25%), Vitamin B6: 0.45mg (22.59%), Fiber: 4.71g (18.84%), Vitamin C: 15.25mg (18.48%), Vitamin B1: 0.21mg (14.17%), Copper: 0.28mg (13.92%), Phosphorus: 138.18mg (13.82%), Magnesium: 48.47mg (12.12%), Vitamin E: 1.68mg (11.21%), Potassium: 380.4mg (10.87%), Folate: 42.29µg (10.57%), Iron: 1.69mg (9.39%), Calcium: 69.17mg (6.92%), Vitamin B3: 1.36mg (6.8%), Selenium: 4.49µg (6.41%), Zinc: 0.93mg (6.19%), Vitamin B5: 0.47mg (4.75%), Vitamin K: 3.7µg (3.52%), Vitamin B2: 0.04mg (2.1%)