



Carrot Hummus Filled Cucumber Canoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



18

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 oz carrots frozen cooked sliced
- ☐ 8 oz water plain
- ☐ 1 teaspoon ground cumin
- ☐ 6 inch cucumber seedless mini
- ☐ 2 large bell pepper red
- ☐ 1 cup carrots fresh sliced
- ☐ 1 serving lettuce shredded

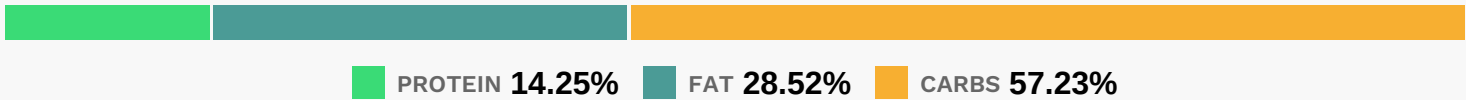
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ In food processor or blender, place cooked carrots. Cover; puree until smooth.
- ☐ Add hummus and cumin; process until well blended. Refrigerate 1 hour to blend flavors.
- ☐ Cut V-shape out of top of each mini cucumber; scoop out center. Spoon about 3 tablespoons carrot hummus into each canoe.
- ☐ Cut oars out of bell peppers.
- ☐ Place 2 carrot slices and 2 bell pepper oars onto hummus.
- ☐ Serve canoe on shredded lettuce.

Nutrition Facts



Properties

Glycemic Index:11.18, Glycemic Load:1.53, Inflammation Score:-10, Nutrition Score:9.0000000077745%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 40.11kcal (2.01%), Fat: 1.37g (2.12%), Saturated Fat: 0.2g (1.28%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 4.09g (1.49%), Sugar: 2.41g (2.68%), Cholesterol: 0mg (0%), Sodium: 71.47mg (3.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.09%), Vitamin A: 5998.98IU (119.98%), Vitamin C: 25.4mg (30.79%), Manganese: 0.17mg (8.73%), Fiber: 2.12g (8.48%), Folate: 26.54µg (6.64%), Vitamin B6: 0.13mg (6.29%), Vitamin K: 6.42µg (6.11%), Potassium: 180.68mg (5.16%), Copper: 0.09mg (4.34%), Phosphorus: 39.94mg (3.99%), Magnesium: 15.86mg (3.97%), Vitamin B1: 0.06mg (3.79%), Vitamin E: 0.51mg (3.43%), Iron: 0.58mg (3.21%), Vitamin B3: 0.58mg (2.9%), Vitamin B2: 0.04mg (2.59%), Zinc: 0.37mg (2.45%), Calcium: 18.77mg (1.88%), Vitamin B5: 0.17mg (1.69%)