



WHATSheATE



Carrot hummus with pitta dippers



Vegetarian



Vegan



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



93 kcal

SIDE DISH

Ingredients

- ☐ 1 large carrots boiled peeled cut into chunks and until very tender
- ☐ 1 tub water
- ☐ 1 optional: lemon halved
- ☐ 2 small pitta breads toasted sliced

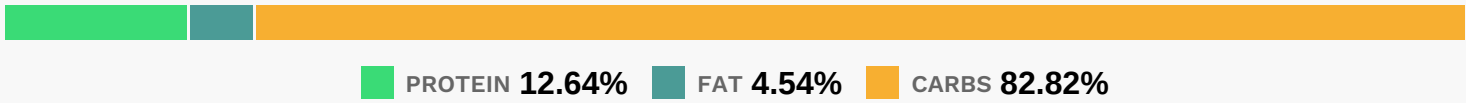
Equipment

- ☐ bowl
- ☐ kitchen scissors

Directions

- ☐ Grate the cooked carrot dont worry if it turns to mush, this is what you want.
- ☐ Tip the hummus into a bowl, add the carrot and mix well.
- ☐ Add a squeeze of lemon juice, but mind you dont squirt it in your eyes.
- ☐ Snip the coriander into little pieces using scissors and stir it into the hummus.
- ☐ Serve with the toasted pitta bread.

Nutrition Facts



Properties

Glycemic Index:48.21, Glycemic Load:15.56, Inflammation Score:-9, Nutrition Score:6.2056520892226%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 92.63kcal (4.63%), Fat: 0.48g (0.74%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 19.87g (6.62%), Net Carbohydrates: 17.98g (6.54%), Sugar: 1.53g (1.7%), Cholesterol: 0mg (0%), Sodium: 163.99mg (7.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Vitamin A: 3013.09IU (60.26%), Vitamin C: 15.37mg (18.63%), Manganese: 0.17mg (8.52%), Fiber: 1.89g (7.56%), Vitamin B1: 0.1mg (6.53%), Vitamin B3: 0.81mg (4.03%), Phosphorus: 38.22mg (3.82%), Calcium: 37.13mg (3.71%), Potassium: 129.03mg (3.69%), Iron: 0.61mg (3.41%), Folate: 13.32µg (3.33%), Copper: 0.07mg (3.32%), Magnesium: 11.78mg (2.94%), Vitamin B6: 0.06mg (2.82%), Vitamin B2: 0.04mg (2.54%), Vitamin K: 2.38µg (2.26%), Vitamin B5: 0.21mg (2.12%), Zinc: 0.3mg (1.99%), Vitamin E: 0.16mg (1.06%)