



## Carrot Hummus with Veggie Sticks

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 16 oz carrots frozen cooked sliced
- 8 oz water plain
- 1 teaspoon ground cumin
- 8 inch cucumber seedless mini
- 1 sticks celery stalks

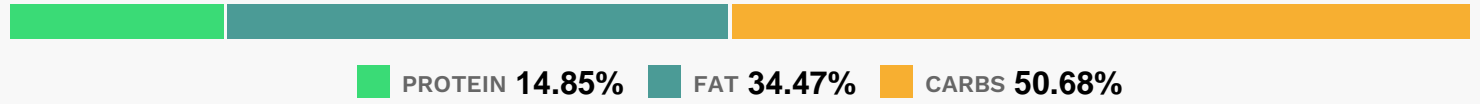
### Equipment

- 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.
- Serve as dip with carrot sticks, celery sticks and bell pepper slices.

## Nutrition Facts



## Properties

Glycemic Index:15.29, Glycemic Load:2.36, Inflammation Score:-10, Nutrition Score:9.4934782204421%

## Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 71.57kcal (3.58%), Fat: 2.92g (4.49%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 6.32g (2.3%), Sugar: 2.73g (3.03%), Cholesterol: 0mg (0%), Sodium: 147.14mg (6.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.65%), Vitamin A: 9486.21IU (189.72%), Manganese: 0.31mg (15.53%), Fiber: 3.33g (13.34%), Copper: 0.18mg (8.95%), Folate: 34.73µg (8.68%), Vitamin K: 7.72µg (7.35%), Potassium: 254.32mg (7.27%), Phosphorus: 71.55mg (7.16%), Magnesium: 28.17mg (7.04%), Vitamin B6: 0.14mg (6.87%), Vitamin B1: 0.09mg (6.06%), Iron: 1.03mg (5.74%), Zinc: 0.67mg (4.48%), Vitamin C: 3.45mg (4.18%), Vitamin B3: 0.74mg (3.68%), Calcium: 32.22mg (3.22%), Vitamin B2: 0.05mg (3.09%), Vitamin E: 0.38mg (2.56%), Vitamin B5: 0.2mg (1.99%), Selenium: 0.81µg (1.16%)