



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

- ☐ 1 sticks bell pepper
- ☐ 16 oz carrots frozen cooked sliced
- ☐ 8 inch cucumber seedless mini
- ☐ 1 teaspoon ground cumin
- ☐ 8 oz water plain

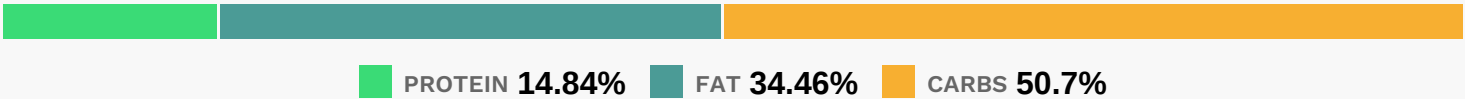
Equipment

- ☐ 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:9.5013043103011%

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: 71.58kcal (3.58%), Fat: 2.92g (4.49%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 6.32g (2.3%), Sugar: 2.73g (3.04%), Cholesterol: 0mg (0%), Sodium: 147.04mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin A: 9489.57IU (189.79%), Manganese: 0.31mg (15.53%), Fiber: 3.34g (13.34%), Copper: 0.18mg (8.95%), Folate: 34.74µg (8.69%), Vitamin K: 7.69µg (7.32%), Potassium: 254.26mg (7.26%), Phosphorus: 71.55mg (7.16%), Magnesium: 28.17mg (7.04%), Vitamin B6: 0.14mg (6.88%), Vitamin B1: 0.09mg (6.06%), Iron: 1.03mg (5.74%), Zinc: 0.67mg (4.48%), Vitamin C: 3.61mg (4.37%), Vitamin B3: 0.74mg (3.68%), Calcium: 32.18mg (3.22%), Vitamin B2: 0.05mg (3.09%), Vitamin E: 0.39mg (2.57%), Vitamin B5: 0.2mg (1.99%), Selenium: 0.81µg (1.16%)