



Chicory & hummus bites



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

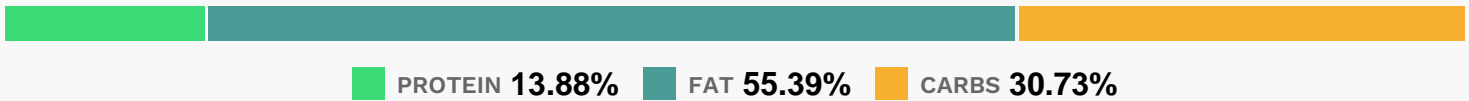
- ☐ 2 large heads chicory
- ☐ 1 carrots
- ☐ 175 g water
- ☐ 16 olives black pitted

Equipment

Directions

- ☐ Up to 2 hrs ahead, separate the chicory into boat-shaped leaves and trim the ends so that they are all roughly the same size. You will probably get about eight or nine decent-sized leaves from each head of chicory. As the leaves get closer to the heart of the chicory, they will be too small to use for canaps, so save them to add to wintry salads.
- ☐ Peel the carrot, then keep peeling off strips until you have as many as the number of chicory leaves.
- ☐ Drop spoonfuls of hummus onto the chicory, then add a carrot curl and an olive to each. Theyll keep in the fridge for about 2 hours.

Nutrition Facts



Properties

Glycemic Index:7.21, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:1.8834782670374%

Flavonoids

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

Nutrients (% of daily need)

Calories: 25.54kcal (1.28%), Fat: 1.67g (2.57%), Saturated Fat: 0.24g (1.5%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.2g (0.23%), Cholesterol: 0mg (0%), Sodium: 106.51mg (4.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin A: 658.63IU (13.17%), Manganese: 0.09mg (4.53%), Fiber: 0.9g (3.6%), Copper: 0.06mg (3.21%), Folate: 10.1µg (2.52%), Magnesium: 8.68mg (2.17%), Phosphorus: 20.78mg (2.08%), Iron: 0.3mg (1.66%), Vitamin B1: 0.02mg (1.54%), Vitamin B6: 0.03mg (1.42%), Zinc: 0.21mg (1.41%), Vitamin E: 0.18mg (1.19%), Potassium: 39.21mg (1.12%)