



## Cilantro Edamame Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.1 teaspoon cayenne pepper
- 0.5 cup cilantro leaves packed
- 12 ounce edamame green frozen shelled ( soybeans)
- 2 cloves garlic
- 0.8 teaspoon ground cumin
- 1 teaspoon kosher salt
- 0.3 cup juice of lemon
- 3 tablespoons olive oil extra-virgin

- 0.5 cup tahini
- 0.5 cup water

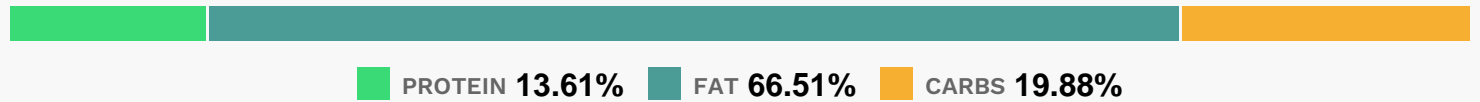
## Equipment

- food processor
- pot

## Directions

- Place edamame into a large pot and cover with salted water.
- Place over medium-low heat, bring to a simmer, and cook until tender, about 5 minutes; drain.
- Puree garlic in food processor until minced.
- Add edamame, tahini, water, cilantro, lemon juice, olive oil, kosher salt, cumin, and cayenne pepper; blend until smooth.

## Nutrition Facts



## Properties

Glycemic Index:12.38, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:5.4091304521198%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 190.76kcal (9.54%), Fat: 14.7g (22.61%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 7.36g (2.68%), Sugar: 1.36g (1.52%), Cholesterol: 0mg (0%), Sodium: 297.77mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.77g (13.53%), Vitamin B1: 0.24mg (16.25%), Copper: 0.25mg (12.58%), Phosphorus: 121.76mg (12.18%), Iron: 2.01mg (11.15%), Fiber: 2.52g (10.09%), Potassium: 280.95mg (8.03%), Selenium: 5.3µg (7.57%), Calcium: 61.16mg (6.12%), Vitamin K: 6.31µg (6.01%), Vitamin E: 0.81mg (5.39%), Vitamin C: 4.12mg (5%), Zinc: 0.72mg (4.82%), Vitamin B3: 0.88mg (4.4%), Folate: 16.92µg (4.23%), Magnesium: 16.04mg (4.01%), Vitamin B6: 0.04mg (1.92%), Vitamin A: 93.44IU (1.87%), Vitamin B2: 0.02mg (1.32%), Manganese: 0.03mg

(1.27%)