



Cilantro Jalapeno Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce garbanzo beans drained canned
- ☐ 1 cup cilantro leaves fresh to taste
- ☐ 2 cloves garlic diced
- ☐ 1 pinch garlic powder to taste
- ☐ 12 servings salt and ground pepper black to taste
- ☐ 1 jalapeno diced stemmed to taste
- ☐ 1 tablespoon olive oil or as needed

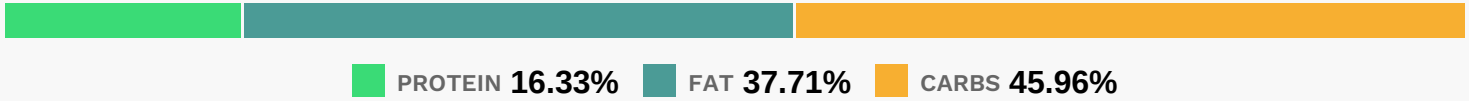
Equipment

blender

Directions

Blend garbanzo beans, cilantro, jalapeno pepper, garlic, olive oil, salt, black pepper, and garlic powder in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:14.28, Glycemic Load:1.38, Inflammation Score:-2, Nutrition Score:2.8643478401329%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 43.17kcal (2.16%), Fat: 1.87g (2.88%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 5.14g (1.71%), Net Carbohydrates: 3.47g (1.26%), Sugar: 0.07g (0.07%), Cholesterol: 0mg (0%), Sodium: 99.3mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.65%), Manganese: 0.32mg (15.89%), Vitamin B6: 0.18mg (9.06%), Fiber: 1.67g (6.66%), Vitamin K: 5.22µg (4.97%), Phosphorus: 30.25mg (3.03%), Copper: 0.06mg (3.03%), Iron: 0.49mg (2.71%), Magnesium: 10.39mg (2.6%), Folate: 10.04µg (2.51%), Vitamin C: 1.94mg (2.35%), Vitamin A: 108.46IU (2.17%), Potassium: 64.31mg (1.84%), Zinc: 0.26mg (1.73%), Vitamin E: 0.24mg (1.63%), Calcium: 14.8mg (1.48%), Vitamin B5: 0.12mg (1.22%), Selenium: 0.8µg (1.15%)