



Condiment Time ~ White Bean-Chive Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



6

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce .5 can cannellini beans rinsed drained canned
- ☐ 1 Dash cayenne pepper
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic clove peeled
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon salt

☐ 2 tablespoons tahini

Equipment

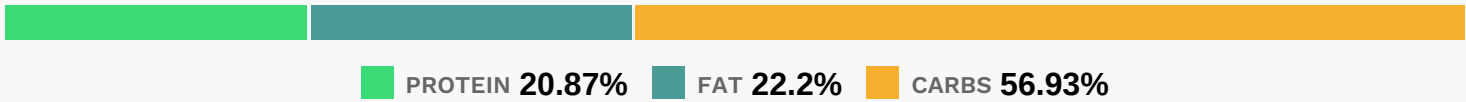
☐ food processor

☐ blender

Directions

- ☐ Add all of the ingredients to a food processor or blender and purée until the mixture is smooth.
- ☐ Serve immediately with pita chips, grilled bread, vegetables or on a sandwich or wrap or refrigerate until you're ready to use it.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:3.67, Inflammation Score:-4, Nutrition Score:7.8708695121433%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 113.39kcal (5.67%), Fat: 2.91g (4.48%), Saturated Fat: 0.43g (2.7%), Carbohydrates: 16.78g (5.59%), Net Carbohydrates: 13.04g (4.74%), Sugar: 0.37g (0.41%), Cholesterol: 0mg (0%), Sodium: 103.25mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.31%), Vitamin K: 26.08µg (24.84%), Manganese: 0.38mg (19.16%), Fiber: 3.74g (14.98%), Iron: 2.51mg (13.94%), Folate: 55.09µg (13.77%), Copper: 0.25mg (12.58%), Phosphorus: 106.98mg (10.7%), Magnesium: 42.74mg (10.69%), Potassium: 364.06mg (10.4%), Vitamin B1: 0.15mg (10.15%), Zinc: 1.06mg (7.05%), Calcium: 63.61mg (6.36%), Vitamin C: 4.67mg (5.67%), Selenium: 2.95µg (4.21%), Vitamin E: 0.59mg (3.92%), Vitamin B6: 0.07mg (3.63%), Vitamin A: 167.54IU (3.35%), Vitamin B2: 0.04mg (2.14%), Vitamin B3: 0.4mg (2%), Vitamin B5: 0.15mg (1.49%)