



Cook the Book: Edamame Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups edamame fresh shelled
- 1 tablespoon olive oil extra virgin
- 0.3 cup juice of lemon
- 3 cloves roasted garlic (see note)
- 1 teaspoon salt
- 1 tablespoon tahini

Equipment

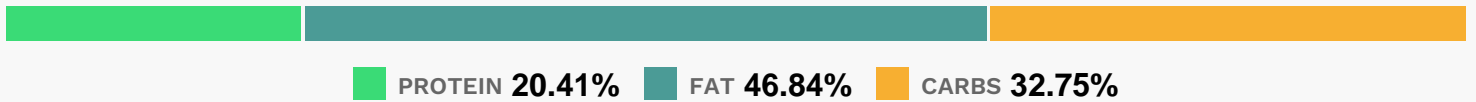
- food processor

- frying pan
- oven
- aluminum foil

Directions

- Put the edamame in a pan and cover with water. Bring to a boil and cook until the beans are tender.
- Drain and cool under running water to fix the bright green color. Reserve 2 or 3 edamame to use as garnish.
- Put all the ingredients into a food processor. Process until smooth. Taste, and adjust the seasoning if needed.
- Pack into a small container that fits into your bento box.
- Garnish on top with the reserved whole edamame beans.
- Note: To roast garlic wrap an entire head of garlic in foil and bake at 350°F for 45 minutes or until soft and brown.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:3.5447826012969%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 149.85kcal (7.49%), Fat: 8.01g (12.32%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 12.6g (4.2%), Net Carbohydrates: 9.33g (3.39%), Sugar: 2.4g (2.67%), Cholesterol: 0mg (0%), Sodium: 583.29mg (25.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.7%), Fiber: 3.27g (13.06%), Iron: 2.24mg (12.44%), Potassium: 376.1mg (10.75%), Vitamin C: 6.76mg (8.2%), Calcium: 71.67mg (7.17%), Vitamin B1: 0.07mg (4.52%), Vitamin E:

0.53mg (3.52%), Copper: 0.07mg (3.5%), Phosphorus: 34.29mg (3.43%), Selenium: 1.63µg (2.32%), Manganese: 0.04mg (2.05%), Vitamin K: 2.15µg (2.04%), Vitamin B6: 0.04mg (2.03%), Folate: 6.79µg (1.7%), Zinc: 0.21mg (1.39%), Magnesium: 5.05mg (1.26%), Vitamin B3: 0.24mg (1.21%)