



Crudités with White Bean Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

SIDE DISH

Ingredients

- ☐ 15 oz beans white drained canned
- ☐ 0.5 teaspoon thyme leaves fresh
- ☐ 2 cloves garlic peeled
- ☐ 0.5 teaspoon fresh-ground pepper
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 servings vegetables (see below)
- ☐ 1 teaspoon salt

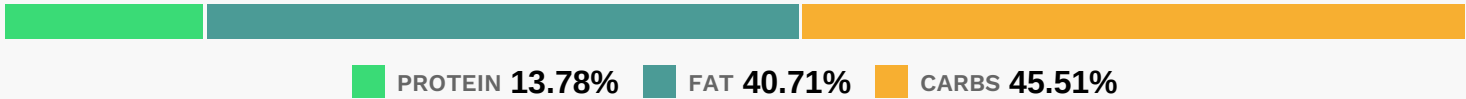
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ In a food processor, combine beans, olive oil, lemon juice, garlic, fresh thyme leaves, salt, and pepper. Whirl until smooth. Spoon into a bowl and set on a platter. Around hummus, arrange colorful vegetables such as sliced red and/or orange bell peppers, sliced carrots, and blanched asparagus spears and broccoli florets.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:9.46, Inflammation Score:-10, Nutrition Score:17.449565141097%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 303.54kcal (15.18%), Fat: 14.32g (22.03%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 36.02g (12.01%), Net Carbohydrates: 27.13g (9.86%), Sugar: 0.51g (0.57%), Cholesterol: 0mg (0%), Sodium: 630.13mg (27.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.91g (21.82%), Vitamin A: 4634.81IU (92.7%), Manganese: 0.83mg (41.66%), Fiber: 8.9g (35.58%), Folate: 97.19µg (24.3%), Iron: 4.22mg (23.46%), Potassium: 694.41mg (19.84%), Magnesium: 77.73mg (19.43%), Vitamin E: 2.8mg (18.66%), Copper: 0.34mg (17.11%), Vitamin C: 13.23mg (16.04%), Phosphorus: 153.99mg (15.4%), Vitamin B1: 0.22mg (14.55%), Vitamin K: 11.64µg (11.09%), Zinc: 1.63mg (10.87%), Calcium: 106.14mg (10.61%), Vitamin B6: 0.19mg (9.54%), Vitamin B2: 0.12mg (7.12%), Vitamin B3: 1.28mg (6.42%), Vitamin B5: 0.37mg (3.68%), Selenium: 2.3µg (3.28%)