



Edamame and Almond Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



16

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon cilantro leaves chopped
- 1.5 cups edamame fresh frozen shelled thawed
- 1 garlic clove minced
- 1 juice of lemon
- 2 tablespoons soya sauce reduced-sodium
- 2 tablespoons olive oil
- 1 slices vegetable and rice crackers for dipping
- 2 tablespoons sesame oil toasted

- 1 teaspoon sesame seed toasted
- 1 cup slivered almonds toasted

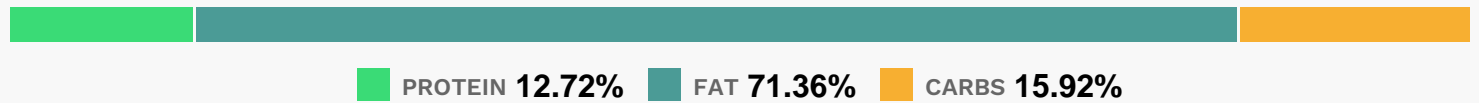
Equipment

- food processor
- bowl

Directions

- Whirl almonds in a food processor until finely ground, scraping inside of bowl as needed, about 2 minutes.
- Add 1/3 cup water and the remaining ingredients through soy sauce; whirl until well blended, about 3 minutes. Spoon into a bowl and sprinkle with sesame seeds.
- Serve with the vegetables and crackers.

Nutrition Facts



Properties

Glycemic Index:10.51, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:2.8243478151119%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 89.68kcal (4.48%), Fat: 7.41g (11.39%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 2.27g (0.83%), Sugar: 0.73g (0.81%), Cholesterol: 0mg (0%), Sodium: 72.18mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Vitamin E: 2.02mg (13.44%), Manganese: 0.17mg (8.5%), Fiber: 1.45g (5.78%), Magnesium: 20.23mg (5.06%), Vitamin B2: 0.08mg (4.86%), Copper: 0.08mg (3.83%), Iron:

0.69mg (3.81%), Phosphorus: 37.09mg (3.71%), Potassium: 122.63mg (3.5%), Calcium: 31.92mg (3.19%), Zinc: 0.24mg (1.6%), Vitamin B3: 0.28mg (1.39%), Vitamin K: 1.37µg (1.31%), Vitamin B1: 0.02mg (1.1%), Folate: 4.37µg (1.09%)