



Edamame Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 servings suggested serving: cucumbers sliced
- ☐ 0.5 pound edamame green frozen shelled soy beans
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 1 clove garlic smashed
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 juice of lemon juiced
- ☐ 0.8 teaspoon kosher salt

- ☐ 0.5 teaspoon lemon zest freshly grated
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.3 cup tahini
- ☐ 0.3 cup water

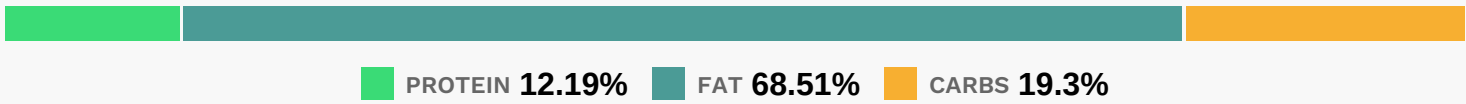
Equipment

- ☐ food processor
- ☐ bowl
- ☐ microwave

Directions

- ☐ Boil the beans in salted water for 4 to 5 minutes, or microwave, covered, for 2 to 3 minutes.
- ☐ In a food processor, puree the edamame, tahini, water, lemon zest and juice, garlic, salt, cumin, and coriander until smooth. With the motor running, slowly drizzle in 2 tablespoons of the olive oil and mix until absorbed.
- ☐ Transfer to a small bowl, stir in the parsley and drizzle with remaining oil.
- ☐ Serve with the suggested vegetables, or refrigerate, covered, up to 1 day.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:5.8169565187848%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 2.6mg, Hesperetin: 2.6mg, Hesperetin: 2.6mg, Hesperetin: 2.6mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 206.87kcal (10.34%), Fat: 16.39g (25.22%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 10.4g (3.47%), Net Carbohydrates: 7.81g (2.84%), Sugar: 1.72g (1.91%), Cholesterol: 0mg (0%), Sodium: 354.91mg (15.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.12%), Vitamin K: 18.27µg (17.4%), Vitamin B1: 0.2mg (13.26%), Iron: 2.03mg (11.29%), Vitamin C: 9.05mg (10.97%), Fiber: 2.59g (10.34%), Copper: 0.2mg (10.24%), Phosphorus: 99.26mg (9.93%), Vitamin E: 1.25mg (8.34%), Potassium: 291.87mg (8.34%), Calcium: 61.21mg (6.12%), Selenium: 4.27µg (6.1%), Folate: 16.78µg (4.2%), Zinc: 0.6mg (3.98%), Vitamin B3: 0.72mg (3.6%), Magnesium: 14.37mg (3.59%), Vitamin B6: 0.04mg (1.81%), Vitamin A: 79.93IU (1.6%), Manganese: 0.02mg (1.18%), Vitamin B2: 0.02mg (1.17%)