

Edamame Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



32

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.5 cups edamame green frozen shelled soybeans
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves peeled
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon olive oil

- ☐ 3 tablespoons tahini sesame-seed paste
- ☐ 2 tablespoons water

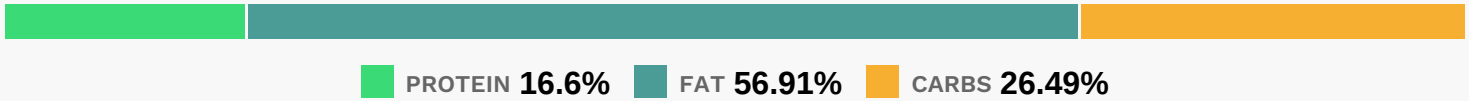
Equipment

- ☐ food processor

Directions

- ☐ Cook edamame in boiling water 5 to 7 minutes or until tender.
- ☐ Drain.
- ☐ Place garlic and next 4 ingredients in a food processor, and pulse 3 times or until chopped.
- ☐ Add edamame, cilantro, and remaining ingredients; process until smooth.

Nutrition Facts



Properties

Glycemic Index:3.09, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.69043478547879%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 21.68kcal (1.08%), Fat: 1.43g (2.2%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.24g (0.27%), Cholesterol: 0mg (0%), Sodium: 18.95mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Iron: 0.29mg (1.58%), Vitamin B1: 0.02mg (1.58%), Fiber: 0.37g (1.49%), Copper: 0.03mg (1.25%), Potassium: 42.94mg (1.23%), Phosphorus: 11.99mg (1.2%), Vitamin C: 0.95mg (1.16%), Vitamin K: 1.07µg (1.02%)