



Edamame Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



248 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 20 ounce edamame frozen shelled (soybeans)
- ☐ 6 servings endive
- ☐ 0.3 cup cilantro leaves fresh plus more for garnish chopped
- ☐ 0.3 cup mint leaves fresh plus more for garnish chopped
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin

- ☐ 6 servings kosher salt
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.8 cup olive oil extra virgin extra-virgin plus more for drizzling
- ☐ 20 ounce peas frozen

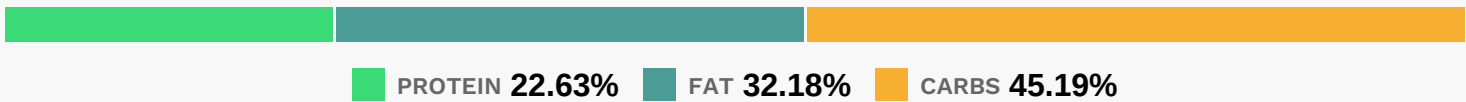
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook edamame in a large pot of boiling salted water until tender, 3–5 minutes. Using a slotted spoon, transfer to a large bowl of ice water. Return water in pot to a boil and add peas; cook until heated through, about 1 minute.
- ☐ Transfer peas to bowl with edamame; let cool.
- ☐ Drain well.
- ☐ Working in batches, pulse edamame and peas in a food processor until a coarse purée forms, about 30 seconds.
- ☐ Transfer to a medium bowl. Stir in juice and next 3 ingredients. Gradually stir in 3/4 cup oil; mix well. Stir in 1/4 cup cilantro and 1/4 cup mint. Season with salt and pepper. DO AHEAD: Can be made 2 days ahead. Cover and chill.
- ☐ Transfer to a serving bowl; drizzle with oil and garnish with more herbs.
- ☐ Serve with divede spears.

Nutrition Facts



Properties

Glycemic Index:31.39, Glycemic Load:3.75, Inflammation Score:-7, Nutrition Score:14.358260932176%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg Hesperetin: 3.13mg, Hesperetin: 3.13mg, Hesperetin: 3.13mg, Hesperetin: 3.13mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 247.87kcal (12.39%), Fat: 9.06g (13.94%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 28.64g (9.55%), Net Carbohydrates: 19.04g (6.92%), Sugar: 8.44g (9.38%), Cholesterol: 0mg (0%), Sodium: 200.32mg (8.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.34g (28.68%), Vitamin C: 46.86mg (56.8%), Fiber: 9.6g (38.4%), Vitamin K: 31.25µg (29.76%), Iron: 4.21mg (23.41%), Manganese: 0.45mg (22.74%), Potassium: 704.35mg (20.12%), Vitamin B1: 0.26mg (17.47%), Vitamin A: 872.13IU (17.44%), Folate: 69.52µg (17.38%), Calcium: 112.65mg (11.26%), Phosphorus: 108.44mg (10.84%), Vitamin B3: 2.05mg (10.26%), Vitamin B6: 0.19mg (9.29%), Copper: 0.19mg (9.25%), Magnesium: 35.51mg (8.88%), Zinc: 1.24mg (8.26%), Vitamin B2: 0.14mg (8.04%), Vitamin E: 0.96mg (6.38%), Selenium: 1.92µg (2.75%), Vitamin B5: 0.15mg (1.51%)