



Edamame Hummus



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 12 ounces edamame frozen shelled
- ☐ 2 cloves garlic
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 3 wholewheat pita breads whole-wheat cut into 8 triangles each
- ☐ 2 large bell pepper red cored seeded cut into 24 strips

- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons tahini

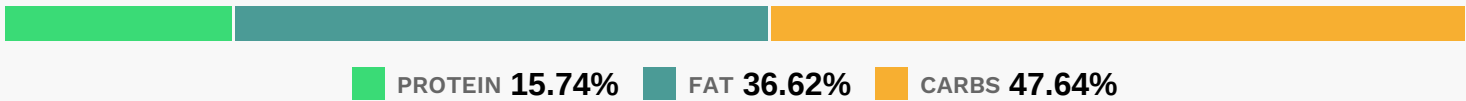
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ colander

Directions

- ☐ Heat oven to 450°F. Bring edamame to a boil in a medium saucepan with enough water to cover; cook, stirring occasionally, about 3 minutes.
- ☐ Drain in a colander and run under cold water.
- ☐ Bake pita triangles on a baking sheet until golden, 3 to 5 minutes. Pulse edamame, garlic, tahini, juice, oil, salt, cumin and pepper in a food processor until mixture is the consistency of guacamole; add water 1 tablespoon at a time if too thick. Cover; refrigerate until party time.
- ☐ Serve with pita toasts and peppers for dipping.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:11.49, Inflammation Score:-8, Nutrition Score:9.0656521216683%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 176.25kcal (8.81%), Fat: 7.33g (11.28%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 18.17g (6.61%), Sugar: 3.02g (3.36%), Cholesterol: 0mg (0%), Sodium: 334mg (14.52%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Vitamin C: 55.06mg (66.74%), Vitamin A: 1288.56IU (25.77%), Fiber: 3.28g (13.13%), Iron: 1.91mg (10.62%), Potassium: 332.8mg (9.51%), Vitamin B1: 0.14mg (9.44%), Manganese: 0.17mg (8.64%), Vitamin E: 1.17mg (7.77%), Vitamin B6: 0.14mg (7.23%), Folate: 28.75µg (7.19%), Calcium: 64.58mg (6.46%), Phosphorus: 62.97mg (6.3%), Vitamin B3: 1.08mg (5.4%), Copper: 0.11mg (5.39%), Vitamin K: 4.24µg (4.04%), Magnesium: 15.04mg (3.76%), Vitamin B2: 0.06mg (3.64%), Zinc: 0.47mg (3.14%), Vitamin B5: 0.23mg (2.26%), Selenium: 1.45µg (2.08%)