



## Edamame Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 teaspoon pepper (if you like it spicy)
- 8 oz edamame
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- 1 tablespoon parsley fresh chopped
- 4 cloves garlic minced
- 0.3 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.8 teaspoon kosher salt

- 1 optional: lemon
- 0.5 teaspoon lemon zest freshly grated
- 3 tablespoons olive oil extra virgin extra-virgin
- 0.3 cup tahini (sesame-seed paste)
- 3 cups water

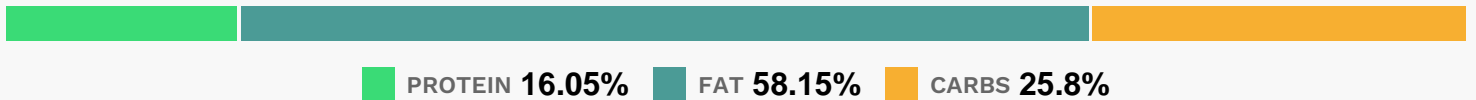
## Equipment

- food processor
- bowl

## Directions

- Boil the edamame in salted water for 4 to 5 minutes.
- Drain. In a food processor, puree the Edamame, tahini, water, lemon zest and juice, garlic, salt, cumin, coriander, and chili flakes (optional) until smooth. With the motor running, slowly drizzle in 2 tablespoons of olive oil and mix until absorbed.
- Transfer to a small bowl, stir in the parsley and drizzle with remaining oil.
- Serve, or refrigerate, covered, up to 3 days.

## Nutrition Facts



## Properties

Glycemic Index:15.42, Glycemic Load:0.49, Inflammation Score:-2, Nutrition Score:6.4291304347826%

## Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Taste

Sweetness: 22.05%, Saltiness: 43.75%, Sourness: 85.71%, Bitterness: 100%, Savoriness: 11.66%, Fattiness: 64.78%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 222.65kcal (11.13%), Fat: 14.96g (23.01%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 14.93g (4.98%), Net Carbohydrates: 10.73g (3.9%), Sugar: 2.53g (2.82%), Cholesterol: 0mg (0%), Sodium: 303mg (13.17%), Protein: 9.29g (18.58%), Fiber: 4.2g (16.8%), Iron: 2.85mg (15.82%), Vitamin K: 15.28µg (14.55%), Vitamin C: 11.72mg (14.2%), Potassium: 429.73mg (12.28%), Vitamin B1: 0.17mg (11.49%), Copper: 0.2mg (9.85%), Calcium: 92.08mg (9.21%), Phosphorus: 86.77mg (8.68%), Vitamin E: 1.08mg (7.2%), Selenium: 3.85µg (5.49%), Zinc: 0.53mg (3.54%), Magnesium: 14mg (3.5%), Folate: 12.92µg (3.23%), Vitamin B3: 0.62mg (3.12%), Vitamin B6: 0.06mg (2.88%), Manganese: 0.05mg (2.46%), Vitamin A: 93.91IU (1.88%), Vitamin B2: 0.02mg (1.19%)