



Fiery Five Pepper Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



3

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 5 tablespoons banana peppers canned chopped
- 15.5 ounce garbanzo beans drained canned
- 2 tablespoons cayenne pepper
- 4 cloves garlic minced
- 1 tablespoon ground cumin
- 2 jalapeño peppers chopped
- 1 tablespoon olive oil
- 1 cubanelle pepper

- 1 bell pepper red seeded chopped
- 0.3 cup pepper flakes red to taste
- 2 serrano peppers chopped
- 1 tablespoon sesame seed

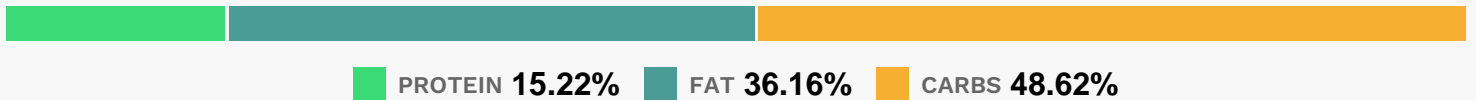
Equipment

- food processor
- bowl
- blender

Directions

- Combine half the garbanzo beans with half the jalapeno, banana, Cubanelle, bell, and serrano peppers in a blender or bowl of a food processor.
- Add the olive oil, red pepper flakes to taste, cumin, sesame seeds, cayenne pepper, and garlic. Blend or pulse until well mixed. Stir in the remaining garbanzo beans and peppers.
- Pour in 1 tablespoon reserved garbanzo bean liquid, or amount required, to thin mixture to desired consistency, and blend until smooth.

Nutrition Facts



Properties

Glycemic Index:68.78, Glycemic Load:6.81, Inflammation Score:-10, Nutrition Score:38.799564859141%

Flavonoids

Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 304.57kcal (15.23%), Fat: 13.92g (21.42%), Saturated Fat: 1.96g (12.28%), Carbohydrates: 42.13g (14.04%), Net Carbohydrates: 22.94g (8.34%), Sugar: 5.01g (5.57%), Cholesterol: 0mg (0%), Sodium: 849.21mg (36.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.18g (26.37%), Vitamin A: 10693.08IU (213.86%), Vitamin C:

88.3mg (107.03%), Manganese: 2mg (99.82%), Vitamin E: 12.93mg (86.18%), Vitamin B6: 1.67mg (83.35%), Fiber: 19.19g (76.75%), Iron: 8.76mg (48.67%), Vitamin K: 39.93µg (38.03%), Copper: 0.68mg (33.85%), Potassium: 1037.12mg (29.63%), Magnesium: 112.69mg (28.17%), Phosphorus: 260.91mg (26.09%), Vitamin B3: 4.64mg (23.22%), Vitamin B2: 0.37mg (22%), Calcium: 202.64mg (20.26%), Folate: 79.25µg (19.81%), Zinc: 2.76mg (18.38%), Selenium: 10.34µg (14.77%), Vitamin B1: 0.21mg (14.16%), Vitamin B5: 0.93mg (9.25%)