



HEALTH SCORE

100%

Hummus with roasted orange peppers



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



392 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 200 g chickpeas boiled canned
- 1 cup and orange peppers roughly chopped
- 2 tsp bell pepper for tempering bell peppers
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- 2 tablespoons olive oil
- 2 servings salt to taste
- 2 servings bell pepper to taste
- 2 servings bell pepper to taste

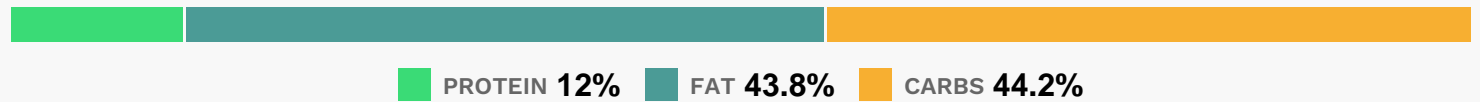
- 2 cloves garlic roughly chopped
- 2 tsp tahini
- 0.5 tsp sugar
- 1 tsp chili powder red
- 1 tablespoon juice of lemon
- 1 tsp vinegar white

Equipment

Directions

- Find the directions for preparation here - <http://divinespicebox.com/2014/06/08/hummus-with-roasted-orange-peppers/>

Nutrition Facts



Properties

Glycemic Index:167.92, Glycemic Load:9.05, Inflammation Score:-10, Nutrition Score:31.665652173913%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 392.45kcal (19.62%), Fat: 20.17g (31.03%), Saturated Fat: 2.75g (17.18%), Carbohydrates: 45.79g (15.26%), Net Carbohydrates: 32.5g (11.82%), Sugar: 15.97g (17.74%), Cholesterol: 0mg (0%), Sodium: 234.94mg (10.21%), Protein: 12.44g (24.88%), Vitamin C: 304.06mg (368.55%), Vitamin A: 7737.78IU (154.76%), Folate: 286.21µg (71.55%), Manganese: 1.37mg (68.36%), Fiber: 13.29g (53.16%), Vitamin B6: 0.89mg (44.72%), Vitamin E: 6.58mg (43.88%), Phosphorus: 277.51mg (27.75%), Iron: 4.49mg (24.92%), Copper: 0.5mg (24.81%), Potassium: 852.67mg (24.36%), Vitamin K: 25.34µg (24.13%), Vitamin B1: 0.33mg (22.18%), Magnesium: 83.99mg (21%), Vitamin B2: 0.28mg (16.75%), Vitamin B3: 3.28mg (16.38%), Zinc: 2.44mg (16.28%), Vitamin B5: 1.07mg (10.65%), Selenium:

6.38µg (9.12%), Calcium: 83.14mg (8.31%)