



Fresh Pea Hummus



Vegetarian



Gluten Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon olive oil extra virgin
- ☐ 0.5 cup onion chopped
- ☐ 2 cups peas fresh shelled
- ☐ 0.8 cup water
- ☐ 2 tablespoons tahini
- ☐ 3 tablespoons mint leaves fresh chopped (spearmint)
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 0.5 teaspoon pepper black

- ☐ 4 servings salt to taste
- ☐ 4 servings food processor

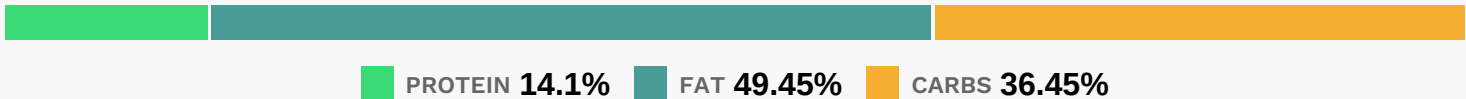
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Heat the olive oil in a small pot over medium heat.
- ☐ Add the chopped onion and sauté until soft and translucent, but not browned, about 4–5 minutes.
- ☐ Add the peas and the water, cover and bring to a boil.
- ☐ Let this cook 5 minutes, then drain the peas and onions.
- ☐ Purée in food processor:
- ☐ Put the peas and onions into the bowl of a food processor and add all the remaining ingredients. Pulse until you have a rough purée.
- ☐ Serve chilled.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:3.24, Inflammation Score:-7, Nutrition Score:11.283913045474%

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: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 157.2kcal (7.86%), Fat: 8.99g (13.84%), Saturated Fat: 1.72g (10.74%), Carbohydrates: 14.92g (4.97%), Net Carbohydrates: 9.73g (3.54%), Sugar: 5.16g (5.74%), Cholesterol: 3.54mg (1.18%), Sodium: 206.2mg (8.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.53%), Vitamin C: 32.04mg (38.84%), Vitamin B1: 0.33mg (21.72%), Fiber: 5.19g (20.75%), Manganese: 0.4mg (20.01%), Vitamin K: 20.67µg (19.68%), Folate: 62.95µg (15.74%), Vitamin A: 758.1IU (15.16%), Phosphorus: 151.04mg (15.1%), Copper: 0.28mg (14.01%), Vitamin B3: 2.03mg (10.17%), Magnesium: 37.53mg (9.38%), Iron: 1.68mg (9.33%), Zinc: 1.35mg (8.99%), Vitamin B6: 0.17mg (8.29%), Potassium: 272.76mg (7.79%), Vitamin B2: 0.13mg (7.68%), Selenium: 4.22µg (6.03%), Calcium: 51.07mg (5.11%), Vitamin E: 0.63mg (4.18%), Vitamin B5: 0.14mg (1.36%)