



Ginger-Garlic Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cashew butter
- 0.5 teaspoon sriracha
- 0.3 cup cilantro leaves fresh chopped
- 2 cups chickpeas drained (chickpeas; from two 15-ounce cans)
- 1 garlic clove peeled
- 1 inch ginger fresh peeled
- 1 spring onion chopped
- 1.5 teaspoons soya sauce

3 tablespoons rice vinegar

2 star anise whole

Equipment

bowl

Directions

Using on/off turns, mince garlic and ginger in processor.

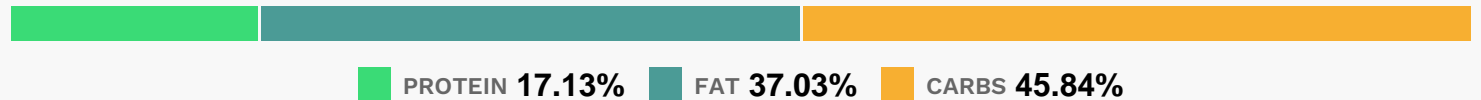
Add beans, reserved bean liquid, cashew butter, rice vinegar, soy sauce, chili-garlic sauce, and ground star anise. Process mixture to coarse puree.

Add cilantro and green onion; process to combine.

Transfer to bowl; garnish with whole star anise, if desired.

*Available in the Asian foods section of many supermarkets and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:20.48, Glycemic Load:1.75, Inflammation Score:-3, Nutrition Score:5.2734783214072%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 95.21kcal (4.76%), Fat: 4.06g (6.24%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 8.56g (3.11%), Sugar: 1.68g (1.87%), Cholesterol: 0mg (0%), Sodium: 66.46mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.44%), Manganese: 0.41mg (20.6%), Folate: 62.05µg (15.51%), Copper: 0.26mg (13.17%), Fiber: 2.73g (10.92%), Phosphorus: 87.93mg (8.79%), Magnesium: 33.72mg (8.43%), Iron: 1.4mg (7.78%), Zinc: 0.86mg (5.73%), Vitamin K: 5.04µg (4.8%), Potassium: 144.78mg (4.14%), Vitamin B1: 0.06mg (4.06%), Vitamin B6: 0.07mg (3.55%), Selenium: 2.05µg (2.93%), Calcium: 22.37mg (2.24%), Vitamin B2: 0.04mg (2.16%), Vitamin B5: 0.18mg (1.82%), Vitamin B3: 0.33mg (1.67%), Vitamin C: 0.93mg (1.13%)