



## 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 chili-garlic sauce
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cups garbanzo beans drained (chickpeas; from two 15-ounce cans)
- ☐ 1 garlic clove peeled
- ☐ 1 inch long piece ginger fresh peeled
- ☐ 1 green onion chopped
- ☐ 1.5 teaspoons soya sauce

- ☐ 0.5 teaspoon star anise freshly ground
- ☐ 3 tablespoons unseasoned rice vinegar

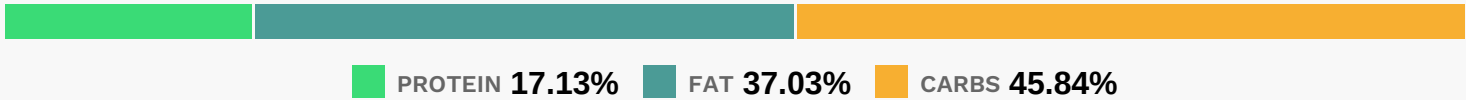
## Equipment

- ☐ 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:5.2900000033171%

## 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: 95.38kcal (4.77%), Fat: 4.06g (6.25%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 8.58g (3.12%), Sugar: 1.68g (1.87%), Cholesterol: 0mg (0%), Sodium: 66.47mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Manganese: 0.41mg (20.66%), Folate: 62.06µg (15.51%), Copper: 0.26mg (13.19%), Fiber: 2.74g (10.95%), Phosphorus: 88.15mg (8.81%), Magnesium: 33.81mg (8.45%), Iron: 1.42mg (7.88%), Zinc: 0.86mg (5.75%), Vitamin K: 5.04µg (4.8%), Potassium: 145.5mg (4.16%), Vitamin B1: 0.06mg (4.07%), Vitamin B6: 0.07mg (3.57%), Selenium: 2.05µg (2.93%), Calcium: 22.69mg (2.27%), Vitamin B2: 0.04mg (2.17%), Vitamin B5: 0.18mg (1.82%), Vitamin B3: 0.34mg (1.68%), Vitamin C: 0.94mg (1.14%)