



Green Pea Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 halves vegetables and bread assorted toasted (such as baby bell peppers, radish , sugar snap peas, and endive leaves)
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 garlic clove
- ☐ 0.3 cup olive oil
- ☐ 1 cup peas fresh sweet thawed
- ☐ 0.3 teaspoon salt

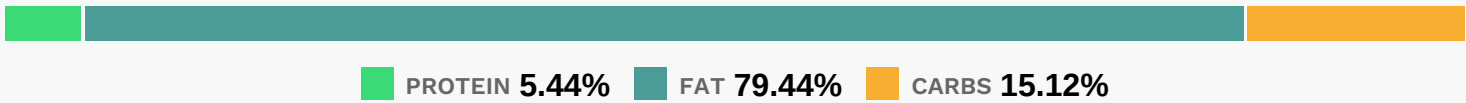
Equipment

☐ food processor

Directions

- ☐ Cook peas in boiling salted water to cover 1 to 3 minutes or just until crisp-tender; drain. Plunge sweet peas into ice water to stop the cooking process; drain. Pulse blanched sweet peas, olive oil, chopped fresh mint, garlic clove, and salt in a food processor 4 or 5 times or until smooth. Store in an airtight container in refrigerator up to 3 days.
- ☐ Serve with assorted vegetables and toasted bread slices.

Nutrition Facts



Properties

Glycemic Index:35.44, Glycemic Load:1.96, Inflammation Score:-5, Nutrition Score:7.2439130570578%

Flavonoids

Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 202.18kcal (10.11%), Fat: 18.23g (28.05%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 4.76g (1.73%), Sugar: 2.76g (3.07%), Cholesterol: 0mg (0%), Sodium: 197.78mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.62%), Vitamin C: 21.13mg (25.61%), Vitamin K: 22.86µg (21.77%), Vitamin E: 2.66mg (17.74%), Manganese: 0.25mg (12.75%), Fiber: 3.05g (12.2%), Vitamin A: 521.88IU (10.44%), Vitamin B1: 0.13mg (8.9%), Folate: 35.4µg (8.85%), Phosphorus: 56.25mg (5.63%), Iron: 1mg (5.56%), Vitamin B3: 1.08mg (5.39%), Vitamin B6: 0.1mg (4.97%), Copper: 0.1mg (4.96%), Magnesium: 18.91mg (4.73%), Vitamin B2: 0.07mg (4.36%), Zinc: 0.65mg (4.33%), Potassium: 141.83mg (4.05%), Calcium: 22.32mg (2.23%), Selenium: 1.01µg (1.45%)