



Herbed Lima Bean Hummus



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



525 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon ground pepper to taste
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 20 oz baby lima beans frozen
- ☐ 5 garlic clove with side of a large knife smashed
- ☐ 1 teaspoon ground cumin

- ☐ 3 tablespoons juice of lemon fresh
- ☐ 5 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 large onion chopped
- ☐ 4 servings wholewheat pita breads toasted
- ☐ 1 teaspoon salt
- ☐ 2 cups water

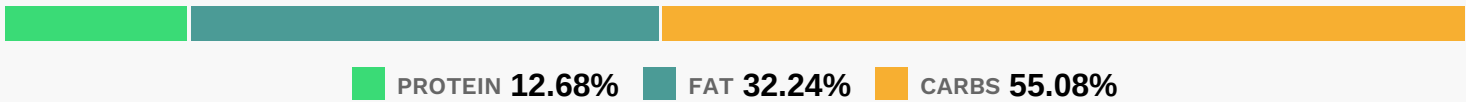
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Simmer beans, onion, garlic, salt, and water in a 3-quart saucepan, covered, until beans are tender, about 8 minutes. Stir in cilantro and parsley and let stand, uncovered, 5 minutes.
- ☐ Drain bean mixture in a sieve and transfer to a food processor.
- ☐ Add cumin, cayenne, 3 tablespoons lemon juice, 4 tablespoons oil, dill, and mint and purée until smooth.
- ☐ Transfer to a bowl and cool to room temperature, stirring occasionally. Season with salt and pepper and add lemon juice to taste.
- ☐ Mound dip in a serving bowl and drizzle with remaining tablespoon oil.
- ☐ • Dip keeps, covered and chilled, 3 days.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:30.24, Inflammation Score:-8, Nutrition Score:21.301304153774%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 8.23mg, Apigenin: 8.23mg, Apigenin: 8.23mg, Apigenin: 8.23mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.97mg, Isorhamnetin: 1.97mg, Isorhamnetin: 1.97mg, Isorhamnetin: 1.97mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 524.56kcal (26.23%), Fat: 19.07g (29.34%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 73.3g (24.43%), Net Carbohydrates: 62.37g (22.68%), Sugar: 1.98g (2.2%), Cholesterol: 0mg (0%), Sodium: 968.09mg (42.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.88g (33.76%), Manganese: 1.44mg (71.99%), Vitamin K: 75.48µg (71.88%), Fiber: 10.93g (43.72%), Vitamin C: 26.42mg (32.02%), Iron: 4.9mg (27.24%), Magnesium: 98.26mg (24.56%), Potassium: 842.71mg (24.08%), Vitamin B1: 0.35mg (23.21%), Phosphorus: 226.72mg (22.67%), Folate: 72.27µg (18.07%), Vitamin B6: 0.36mg (17.81%), Vitamin E: 2.65mg (17.7%), Copper: 0.34mg (17.18%), Vitamin A: 833.04IU (16.66%), Vitamin B3: 2.87mg (14.35%), Calcium: 135.12mg (13.51%), Vitamin B2: 0.19mg (11.29%), Zinc: 1.59mg (10.61%), Vitamin B5: 0.6mg (6.01%), Selenium: 3.76µg (5.37%)