



Hummus & Curried Cauliflower Tartine



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.7 cups garbanzo beans canned drained (13oz/400g) (reserve the liquid)
- ☐ 0.5 cauliflower dried washed
- ☐ 1 pinch cinnamon
- ☐ 1 tsp cumin
- ☐ 2 tbsp olive oil extra virgin
- ☐ 2 tsp turmeric
- ☐ 0.3 juice of lemon
- ☐ 1 pinch nutmeg freshly grated

- ☐ 1 spring onion chopped (spring onion)
- ☐ 1 pinch sea salt
- ☐ 4 slices sourdough bread
- ☐ 2 tbsp tahini
- ☐ 1 sprig thyme leaves

Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ immersion blender

Directions

- ☐ Start by making the curried cauliflower. Preheat the oven to 425°F (220°C/gas mark 7). In a bowl, toss the cauliflower with the spices, thyme leaves and olive oil, mixing well.
- ☐ Transfer to an ovenproof dish and roast in the oven for 10–15 minutes, until lightly brown on top.
- ☐ Remove from the oven and set aside to cool.
- ☐ Place all the hummus ingredients into a food processor or use a handheld blender to process until smooth. If necessary, use a little of the reserved chickpea liquid to thin the mixture to a smooth purée. Refrigerate for at least 30 minutes.
- ☐ To serve, spread the hummus on the bread and top with the curried cauliflower.
- ☐ Sprinkle the scallion (spring onion) on top and drizzle with the olive oil.
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Nutrition Facts



 **PROTEIN 13.96%**  **FAT 34.17%**  **CARBS 51.87%**

Properties

Glycemic Index:78.71, Glycemic Load:28.93, Inflammation Score:-10, Nutrition Score:20.302173707796%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 367.29kcal (18.36%), Fat: 14.38g (22.13%), Saturated Fat: 2.2g (13.78%), Carbohydrates: 49.13g (16.38%), Net Carbohydrates: 42.44g (15.43%), Sugar: 4.57g (5.07%), Cholesterol: 0mg (0%), Sodium: 611.09mg (26.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.23g (26.45%), Manganese: 1.13mg (56.69%), Vitamin C: 37.05mg (44.91%), Vitamin B1: 0.64mg (42.62%), Folate: 147.2µg (36.8%), Selenium: 22.78µg (32.55%), Vitamin B6: 0.56mg (28.06%), Iron: 4.9mg (27.25%), Fiber: 6.69g (26.75%), Phosphorus: 220.27mg (22.03%), Vitamin K: 22.2µg (21.15%), Vitamin B3: 4.07mg (20.33%), Vitamin B2: 0.34mg (20.23%), Copper: 0.37mg (18.43%), Magnesium: 62.39mg (15.6%), Potassium: 472.22mg (13.49%), Zinc: 1.77mg (11.82%), Calcium: 94.57mg (9.46%), Vitamin B5: 0.9mg (9.03%), Vitamin E: 1.27mg (8.47%), Vitamin A: 63.93IU (1.28%)