



Hummus-Filled Cucumber Cups



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



7 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cucumbers english
- ☐ 1 container water (such as Sabra)
- ☐ 1 small bunch parsley finely chopped
- ☐ 1 teaspoon paprika smoked

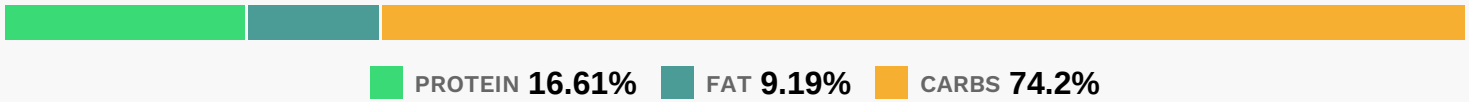
Equipment

- ☐ melon baller

Directions

- ☐ Peel the cucumbers and slice into 1-1/4-inch long pieces.Using a melon baller, carve out seeds to create a vessel, making sure to leave the bottom intact.With a piping bag or small spoon, fill each with hummus, about 1 teaspoon each.
- ☐ Sprinkle the tops of the cucumber cups with paprika and parsley.

Nutrition Facts



Properties

Glycemic Index:4.41, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:4.2339129927366%

Flavonoids

Apigenin: 7.68mg, Apigenin: 7.68mg, Apigenin: 7.68mg, Apigenin: 7.68mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 7.36kcal (0.37%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.31g (0.48%), Sugar: 0.67g (0.74%), Cholesterol: 0mg (0%), Sodium: 3.07mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.37g (0.74%), Vitamin K: 64.68µg (61.6%), Vitamin A: 401.07IU (8.02%), Vitamin C: 5.79mg (7.02%), Potassium: 77.85mg (2.22%), Folate: 8.15µg (2.04%), Iron: 0.35mg (1.97%), Manganese: 0.04mg (1.89%), Magnesium: 6.92mg (1.73%), Fiber: 0.35g (1.41%), Phosphorus: 11.57mg (1.16%), Vitamin B5: 0.11mg (1.15%), Calcium: 11.23mg (1.12%), Copper: 0.02mg (1.1%), Vitamin B6: 0.02mg (1.05%), Vitamin B2: 0.02mg (1.03%)