



Hummus Mashed Potatoes



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 0.8 cup less-sodium chicken broth fat-free
- ☐ 2 garlic cloves peeled
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 4 teaspoons olive oil extra-virgin divided
- ☐ 2 pounds potatoes red cubed peeled
- ☐ 0.5 teaspoon salt

☐ 0.3 cup tahini (sesame-seed paste)

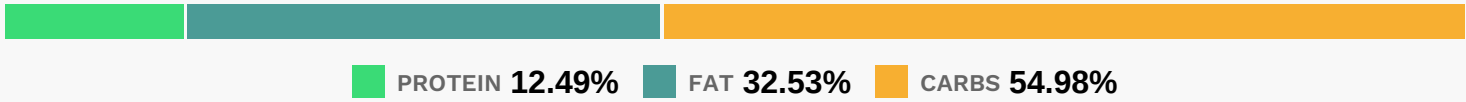
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Combine broth, tahini, juice, 1 teaspoon oil, and next 4 ingredients (1 teaspoon oil through chickpeas) in a food processor, and process until smooth, scraping sides.
- ☐ Place potato in a saucepan, and cover with water. Bring to a boil. Reduce heat; simmer 15 minutes or until tender.
- ☐ Drain and return potato to pan. Stir in broth mixture, and mash to desired consistency. Cook 2 minutes or until thoroughly heated, stirring constantly.
- ☐ Drizzle potato mixture with 1 tablespoon olive oil, and garnish with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:10.23, Glycemic Load:1.62, Inflammation Score:-3, Nutrition Score:8.1882608481075%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 153.31kcal (7.67%), Fat: 5.79g (8.9%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 22.01g (7.34%), Net Carbohydrates: 18.28g (6.65%), Sugar: 1.32g (1.47%), Cholesterol: 0mg (0%), Sodium: 322.75mg (14.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10.01%), Manganese: 0.49mg (24.48%), Vitamin B6: 0.38mg (18.87%), Fiber: 3.73g (14.94%), Potassium: 514.74mg (14.71%), Copper: 0.29mg (14.46%), Phosphorus: 140.05mg (14.01%), Vitamin B1: 0.19mg (12.41%), Vitamin C: 10.06mg (12.2%), Magnesium: 37.81mg (9.45%), Folate: 33.98µg (8.5%), Iron:

1.5mg (8.34%), Vitamin B3: 1.54mg (7.72%), Zinc: 0.88mg (5.89%), Selenium: 3.84µg (5.48%), Vitamin B5: 0.41mg (4.1%), Vitamin K: 3.64µg (3.47%), Calcium: 34.61mg (3.46%), Vitamin B2: 0.05mg (2.77%), Vitamin E: 0.26mg (1.74%)