



Hummus + Peppadew Peppers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



11

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 leaf garnish: flat parsley sprigs fresh
- ☐ 1.3 cups water store-bought
- ☐ 14 ounce golden peppadew peppers sweet drained

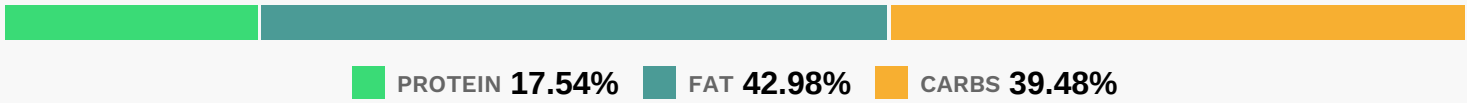
Equipment

- ☐ ziploc bags

Directions

- ☐
- Fill a heavy-duty zip-top plastic bag with hummus. Snip off 1 corner of bag; pipe 2 teaspoons hummus into each of 22 sweet golden peppadew peppers.
- ☐
- Garnish each with a sprig of fresh flat-leaf parsley.

Nutrition Facts



Properties

Glycemic Index:5.95, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:5.3108696730241%

Flavonoids

Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 53.65kcal (2.68%), Fat: 2.75g (4.22%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 5.67g (1.89%), Net Carbohydrates: 3.38g (1.23%), Sugar: 0.87g (0.96%), Cholesterol: 0mg (0%), Sodium: 107.08mg (4.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Vitamin C: 29.13mg (35.31%), Manganese: 0.26mg (13.01%), Fiber: 2.29g (9.17%), Copper: 0.17mg (8.56%), Vitamin B6: 0.14mg (6.84%), Folate: 26.95µg (6.74%), Magnesium: 23.5mg (5.88%), Phosphorus: 56.47mg (5.65%), Vitamin B1: 0.07mg (4.73%), Iron: 0.81mg (4.5%), Vitamin K: 4.16µg (3.96%), Zinc: 0.56mg (3.73%), Potassium: 127.38mg (3.64%), Vitamin A: 149.54IU (2.99%), Vitamin B3: 0.34mg (1.69%), Vitamin B2: 0.03mg (1.65%), Calcium: 14.36mg (1.44%), Selenium: 0.73µg (1.04%)