



 **2%**  
HEALTH SCORE

## Hummus With Peanut Butter



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



20

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

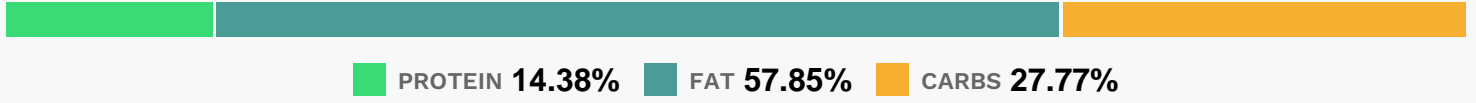
APPETIZER

### Ingredients

- 2 cups garbanzo beans canned
- 0.3 cup creamy peanut butter
- 1 teaspoon parsley fresh minced
- 2 garlic clove halved
- 0.3 cup juice of lemon
- 1 tablespoon olive oil
- 1 pinch paprika
- 1 teaspoon salt

# Equipment

## Nutrition Facts



### Properties

Glycemic Index:6.57, Glycemic Load:0.73, Inflammation Score:-1, Nutrition Score:2.0221739130435%

### Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 47.42kcal (2.37%), Fat: 3.23g (4.96%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 2.54g (0.92%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 180.41mg (7.84%), Protein: 1.81g (3.61%), Manganese: 0.2mg (10.15%), Vitamin B6: 0.1mg (5.09%), Fiber: 0.95g (3.78%), Vitamin E: 0.5mg (3.33%), Magnesium: 11.97mg (2.99%), Vitamin B3: 0.6mg (2.99%), Phosphorus: 28.42mg (2.84%), Copper: 0.04mg (2.23%), Folate: 8.43µg (2.11%), Iron: 0.29mg (1.61%), Vitamin C: 1.3mg (1.57%), Zinc: 0.23mg (1.52%), Potassium: 52.39mg (1.5%), Vitamin B5: 0.1mg (1.01%)