



Hummus with Raspberry Vinegar

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15.5 ounce chickpeas undrained canned (garbanzo beans)
- 1 tablespoon cilantro leaves fresh chopped
- 0.5 teaspoon ground cumin
- 0.5 teaspoon coarsely ground pepper black
- 1 tablespoon olive oil
- 1.5 cups onion diced
- 2 tablespoons raspberry vinegar
- 0.3 teaspoon salt

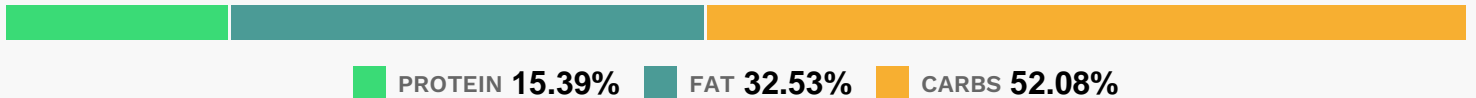
Equipment

- food processor
- bowl
- frying pan
- sieve

Directions

- Heat oil in a nonstick skillet over medium-high heat.
- Add onion, and saute 5 minutes or until onion begins to brown.
- Add vinegar, and bring to a boil, and cook 2 minutes or until vinegar evaporates. Cool to room temperature.
- Drain chickpeas through a sieve over a bowl, reserving 1/4 cup liquid.
- Place chickpeas and chopped cilantro in a food processor, and process until mixture resembles coarse meal.
- Add onion mixture, 1/4 cup reserved liquid, cumin, pepper, and salt, and process until smooth.
- Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:11.02, Glycemic Load:1.33, Inflammation Score:-1, Nutrition Score:2.1856521594784%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 38.69kcal (1.93%), Fat: 1.44g (2.22%), Saturated Fat: 0.18g (1.16%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 3.71g (1.35%), Sugar: 0.65g (0.72%), Cholesterol: 0mg (0%), Sodium: 113.52mg (4.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.07%), Manganese: 0.26mg (12.95%), Vitamin B6: 0.15mg (7.42%),

Fiber: 1.49g (5.95%), Phosphorus: 26.89mg (2.69%), Copper: 0.05mg (2.47%), Folate: 9.75µg (2.44%), Iron: 0.43mg (2.37%), Magnesium: 9.35mg (2.34%), Potassium: 64.91mg (1.85%), Zinc: 0.22mg (1.46%), Calcium: 14.1mg (1.41%), Vitamin C: 1.15mg (1.39%), Vitamin B1: 0.02mg (1.08%), Vitamin B5: 0.1mg (1.02%)