



Jalapeno and Lime Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



12

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

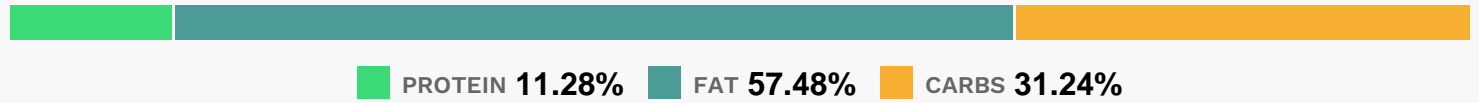
Ingredients

- 16 ounce garbanzo beans drained canned (chick peas)
- 3 tablespoons olive oil extra virgin light
- 1 teaspoon garlic fresh pressed (two cloves)
- 3 tablespoons jalapeno drained chopped
- 2 tablespoons juice of lime fresh (one lime)
- 1 teaspoon paprika
- 0.3 teaspoon salt
- 2 tablespoons sesame seed fresh (sesame seeds)

1 tablespoon water

Equipment

Nutrition Facts



Properties

Glycemic Index:12.69, Glycemic Load:1.51, Inflammation Score:-2, Nutrition Score:3.8252173913043%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 74.4kcal (3.72%), Fat: 4.94g (7.6%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 4.04g (1.47%), Sugar: 0.22g (0.24%), Cholesterol: 0mg (0%), Sodium: 154.13mg (6.7%), Protein: 2.18g (4.36%), Manganese: 0.35mg (17.65%), Vitamin B6: 0.21mg (10.63%), Fiber: 2g (8%), Vitamin C: 5.31mg (6.44%), Copper: 0.12mg (5.84%), Vitamin E: 0.7mg (4.64%), Phosphorus: 40.86mg (4.09%), Iron: 0.73mg (4.06%), Magnesium: 16.02mg (4.01%), Folate: 12.09µg (3.02%), Vitamin K: 2.95µg (2.81%), Calcium: 27.97mg (2.8%), Vitamin A: 129.58IU (2.59%), Zinc: 0.38mg (2.55%), Potassium: 77.74mg (2.22%), Selenium: 1.28µg (1.83%), Vitamin B1: 0.03mg (1.72%), Vitamin B5: 0.13mg (1.34%)