



 **45%**  
HEALTH SCORE

## Lime Jalapeno Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



3

CALORIES



486 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

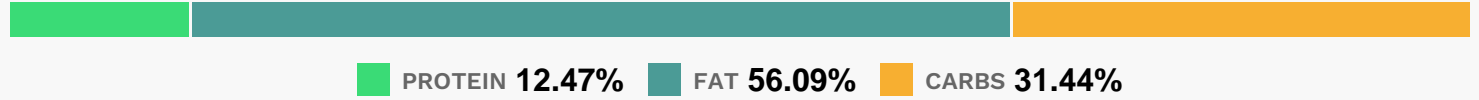
- 25 ounce garbanzo beans drained and rinse canned
- 1 pinch cumin to taste
- 4 tablespoons cilantro leaves fresh
- 5 garlic clove fresh minced
- 3 tablespoons jalapeno
- 2 juice of lime
- 4 tablespoons olive oil
- 3 tablespoons peanut butter

1 pinch pepper red to taste

1 pinch salt to taste

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:51.11, Glycemic Load:9.7, Inflammation Score:-7, Nutrition Score:21.436086956522%

## Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

## Nutrients (% of daily need)

Calories: 485.57kcal (24.28%), Fat: 31.56g (48.55%), Saturated Fat: 4.7g (29.34%), Carbohydrates: 39.8g (13.27%), Net Carbohydrates: 28g (10.18%), Sugar: 2.69g (2.99%), Cholesterol: 0mg (0%), Sodium: 741.24mg (32.23%), Protein: 15.78g (31.57%), Manganese: 2.27mg (113.64%), Vitamin B6: 1.32mg (66.13%), Fiber: 11.8g (47.19%), Vitamin E: 4.76mg (31.72%), Vitamin C: 25.73mg (31.19%), Phosphorus: 258.11mg (25.81%), Magnesium: 96.24mg (24.06%), Copper: 0.46mg (22.89%), Folate: 79.36µg (19.84%), Iron: 3.47mg (19.25%), Vitamin K: 15.96µg (15.2%), Potassium: 515.3mg (14.72%), Zinc: 2.14mg (14.25%), Vitamin B3: 2.7mg (13.51%), Calcium: 105.15mg (10.51%), Vitamin B5: 0.98mg (9.81%), Selenium: 6.18µg (8.83%), Vitamin B1: 0.12mg (7.96%), Vitamin A: 253.88IU (5.08%), Vitamin B2: 0.09mg (5.08%)