



WHATSheATE



Mint-and-Pea Hummus on Flatbread



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 flatbread crackers
- ☐ 0.3 cup mint leaves fresh
- ☐ 1 pound peas fresh green
- ☐ 1 pinch kosher salt
- ☐ 0.3 cup tahini

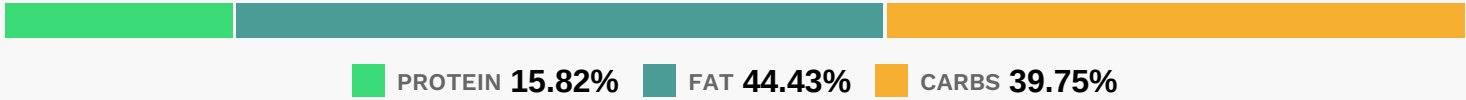
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Bring 3 inches of water to a boil in a large saucepan.
- ☐ Add peas, and cook until just tender (about 2 minutes); drain and cool slightly. In a food processor, combine cooked peas, tahini, and mint leaves; pure until chunky–smooth.
- ☐ Add a pinch of kosher salt, and serve with flatbread crackers broken into thirds.

Nutrition Facts



Properties

Glycemic Index:1.48, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:2.4291304485953%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 33.22kcal (1.66%), Fat: 1.71g (2.63%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 3.44g (1.15%), Net Carbohydrates: 2.4g (0.87%), Sugar: 0.94g (1.04%), Cholesterol: 0mg (0%), Sodium: 11.92mg (0.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Vitamin C: 6.28mg (7.61%), Vitamin B1: 0.09mg (5.82%), Fiber: 1.04g (4.16%), Vitamin K: 4.25µg (4.05%), Phosphorus: 40.4mg (4.04%), Copper: 0.07mg (3.6%), Manganese: 0.07mg (3.59%), Folate: 13.59µg (3.4%), Vitamin A: 133.38IU (2.67%), Vitamin B3: 0.52mg (2.61%), Iron: 0.4mg (2.24%), Zinc: 0.32mg (2.14%), Magnesium: 8.01mg (2%), Selenium: 1.24µg (1.76%), Vitamin B2: 0.03mg (1.58%), Vitamin B6: 0.03mg (1.53%), Potassium: 52.46mg (1.5%)