



Minted Pea Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



3 min.

SERVINGS



64

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 garlic clove
- ☐ 0.5 cup mint leaves
- ☐ 1.5 teaspoons olive oil
- ☐ 2 cups peas green frozen thawed
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon water

Equipment

- ☐ food processor

☐ blender

Directions

☐ Place all ingredients in a blender or food processor; process until smooth.

Nutrition Facts



Properties

Glycemic Index:1.16, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:0.57347825088579%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg 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: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 4.88kcal (0.24%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.26g (0.29%), Cholesterol: 0mg (0%), Sodium: 9.44mg (0.41%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.26g (0.53%), Vitamin C: 1.95mg (2.37%), Manganese: 0.02mg (1.22%), Fiber: 0.29g (1.15%), Vitamin K: 1.18µg (1.13%)