



Moroccan Spiced Pumpkin Hummus (Naturally Vegan, Gluten-Free, and Soy-Free)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup chickpeas cooked
- ☐ 0.3 teaspoon cinnamon
- ☐ 2 garlic cloves chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground ginger

- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon pistachios chopped for garnish [omit for nut-free]
- ☐ 0.5 teaspoon salt
- ☐ 1 cup solid-pack pumpkin puree canned
- ☐ 0.3 teaspoon sugar
- ☐ 2 tablespoons tahini
- ☐ 0.5 teaspoon turmeric

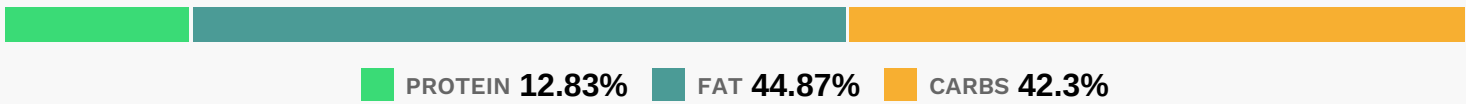
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a skillet over medium heat.
- ☐ Add the garlic, ginger, coriander, cinnamon, allspice, turmeric, cayenne, and sugar and cook for 1 to 2 minutes.Stir in the tahini and chickpeas, then remove from the heat.Stir in the pumpkin, lemon juice, salt, and pepper.
- ☐ Transfer the mixture to a food processor and process until smooth.
- ☐ Transfer to a shallow serving bowl and sprinkle the pistachios on top.
- ☐ Serve immediately, or cover and refrigerate until needed.

Nutrition Facts



Properties

Glycemic Index:25.11, Glycemic Load:1.25, Inflammation Score:-10, Nutrition Score:9.4943476759869%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 91.9kcal (4.59%), Fat: 4.87g (7.49%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 10.33g (3.44%), Net Carbohydrates: 7.35g (2.67%), Sugar: 2.31g (2.56%), Cholesterol: 0mg (0%), Sodium: 150.1mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin A: 4779.34IU (95.59%), Manganese: 0.4mg (20%), Fiber: 2.97g (11.9%), Folate: 43.98µg (10.99%), Copper: 0.19mg (9.31%), Phosphorus: 82.81mg (8.28%), Iron: 1.41mg (7.81%), Vitamin B1: 0.1mg (6.82%), Vitamin K: 6.93µg (6.6%), Magnesium: 23.83mg (5.96%), Potassium: 167.86mg (4.8%), Vitamin E: 0.68mg (4.55%), Vitamin C: 3.56mg (4.32%), Vitamin B6: 0.08mg (4.12%), Zinc: 0.6mg (4%), Selenium: 2.57µg (3.66%), Calcium: 29.57mg (2.96%), Vitamin B3: 0.49mg (2.46%), Vitamin B2: 0.04mg (2.26%), Vitamin B5: 0.2mg (1.98%)