



Pea & artichoke hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 100 g artichoke hearts from a jar
- ☐ 2 tsp ground cumin
- ☐ 2 tbsp juice of lemon
- ☐ 4 tbsp olive oil
- ☐ 1 small handful mint leaves
- ☐ 140 g petits pois frozen

Equipment

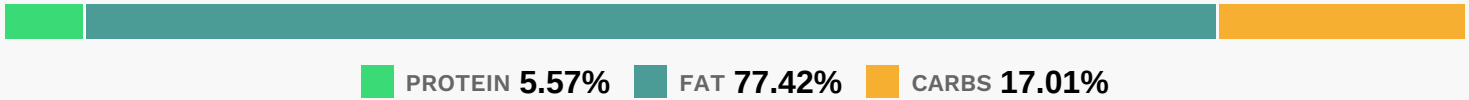
- ☐ food processor

bowl

Directions

Tip the peas into a bowl and pour over boiling water to cover. Leave for 5 mins, then drain well and tip into a food processor with all the other ingredients and seasoning. Pulse to make a rough pure, then spoon into a small bowl. Cover with cling film, and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.68, Inflammation Score:-2, Nutrition Score:2.852173888165%

Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 81.99kcal (4.1%), Fat: 7.2g (11.07%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 2.26g (0.82%), Sugar: 1.19g (1.33%), Cholesterol: 0mg (0%), Sodium: 48.2mg (2.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.33%), Vitamin C: 8.65mg (10.48%), Vitamin K: 8.58µg (8.17%), Vitamin E: 1.05mg (7.02%), Fiber: 1.29g (5.18%), Manganese: 0.09mg (4.74%), Iron: 0.66mg (3.65%), Vitamin B1: 0.05mg (3.4%), Vitamin A: 161.69IU (3.23%), Folate: 12.74µg (3.19%), Phosphorus: 22.06mg (2.21%), Magnesium: 8.23mg (2.06%), Vitamin B3: 0.4mg (2%), Copper: 0.04mg (1.87%), Vitamin B6: 0.03mg (1.71%), Potassium: 58.42mg (1.67%), Zinc: 0.25mg (1.66%), Vitamin B2: 0.03mg (1.57%), Calcium: 10.54mg (1.05%)