



Pea & Walnut Hummus



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 garlic clove minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 cup peas frozen thawed
- ☐ 0.5 teaspoon pepper
- ☐ 8 rye crispbread crackers
- ☐ 0.5 teaspoon salt
- ☐ 4 tablespoons walnuts chopped

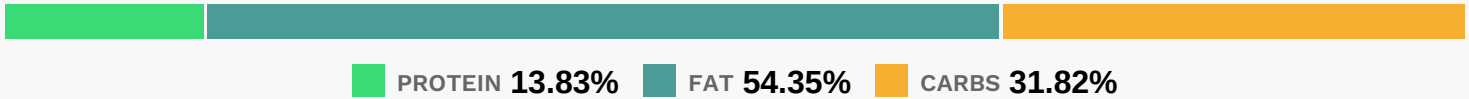
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Combine first 6 ingredients (through pepper) in a blender or food processor; process until smooth.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:31.58, Glycemic Load:1.64, Inflammation Score:-4, Nutrition Score:7.4304348230362%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 104.64kcal (5.23%), Fat: 6.75g (10.38%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 5.6g (2.04%), Sugar: 2.53g (2.82%), Cholesterol: 0mg (0%), Sodium: 292.97mg (12.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.73%), Manganese: 0.67mg (33.5%), Vitamin C: 17.77mg (21.54%), Fiber: 3.29g (13.16%), Copper: 0.24mg (12.19%), Vitamin B1: 0.14mg (9.34%), Vitamin K: 9.8µg (9.33%), Phosphorus: 88.53mg (8.85%), Folate: 35.23µg (8.81%), Magnesium: 33.79mg (8.45%), Vitamin B6: 0.14mg (6.82%), Zinc: 0.89mg (5.91%), Vitamin A: 281.42IU (5.63%), Iron: 1mg (5.54%), Vitamin B3: 0.99mg (4.97%), Potassium: 161.26mg (4.61%), Vitamin B2: 0.07mg (4.19%), Selenium: 2.29µg (3.27%), Calcium: 23.08mg (2.31%), Vitamin B5: 0.14mg (1.42%), Vitamin E: 0.16mg (1.06%)