



Peanut Butter Hummus with Cucumber Dippers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 15.5 ounce garbanzo beans rinsed drained canned
- ☐ 3 tablespoons creamy peanut butter
- ☐ 1 cucumber english cut into 48 1/4-inch-thick slices
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.4 teaspoon kosher salt

- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 7 tablespoons water

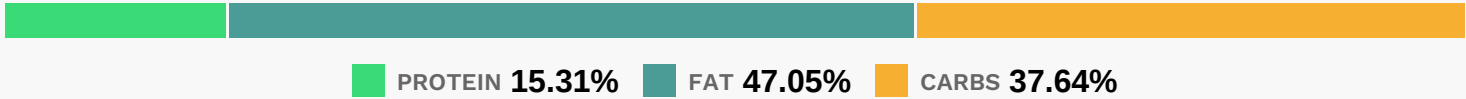
Equipment

- ☐ food processor
- ☐ bowl
- ☐ microwave

Directions

- ☐ Place peanut butter in a small microwave-safe bowl; microwave at HIGH 20 seconds.
- ☐ Combine peanut butter and next 7 ingredients (through garlic) in a food processor. With food processor running, slowly drizzle in water; process until smooth.
- ☐ Serve with cucumber.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:2.21, Inflammation Score:-2, Nutrition Score:5.8699999684873%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 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: 107.83kcal (5.39%), Fat: 5.98g (9.19%), Saturated Fat: 0.98g (6.12%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 7.79g (2.83%), Sugar: 1.41g (1.56%), Cholesterol: 0mg (0%), Sodium: 289.24mg (12.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.75%), Manganese: 0.59mg (29.71%), Vitamin B6: 0.31mg (15.48%), Fiber: 2.96g (11.85%), Magnesium: 31.08mg (7.77%), Phosphorus: 75.13mg (7.51%), Vitamin K: 7.44µg (7.09%), Copper: 0.13mg (6.58%), Folate: 22.69µg (5.67%), Iron: 1mg (5.56%), Vitamin E: 0.82mg (5.49%), Potassium:

179.29mg (5.12%), Vitamin B3: 0.92mg (4.61%), Zinc: 0.62mg (4.15%), Vitamin C: 3.41mg (4.13%), Vitamin B5: 0.34mg (3.36%), Calcium: 31.38mg (3.14%), Vitamin B1: 0.04mg (2.6%), Selenium: 1.53µg (2.18%), Vitamin B2: 0.03mg (2%), Vitamin A: 50.26IU (1.01%)