



Pimento Cheese-Style Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



6

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cashew pieces
- 0.3 teaspoon ground pepper red to taste () (or)
- 1.5 cups chickpeas divided cooked drained
- 2 cloves garlic
- 0.5 teaspoon granulated onion
- 2 tablespoons juice of lemon
- 3 tablespoons nutritional yeast
- 1 teaspoon chickpeas salted to taste (use less if chickpeas are)

- 3 ounces silken tofu ()
- 0.5 teaspoon paprika smoked
- 1 teaspoon spicy brown mustard

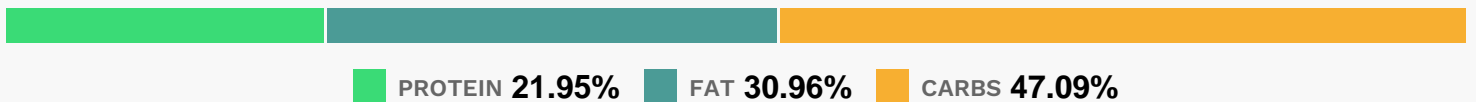
Equipment

- food processor
- bowl

Directions

- Place the cashews in a small bowl and cover them with water. Allow them to soak at least 2 hours and up to overnight.
- Drain the cashews. Put half of them into the food processor along with half of the chickpeas, the silken tofu, 4 tablespoons pimentos, and all remaining ingredients. Process until it's as smooth as you can get it. Then add the remaining cashews and chickpeas and pulse about 10 times until chickpeas and cashews are broken but not completely smooth. Check seasonings and add more red pepper and salt to taste.
- Transfer into a serving bowl and stir in the remaining 2 tablespoons of pimentos. Refrigerate for at least an hour to allow flavors to blend.

Nutrition Facts



Properties

Glycemic Index:30.95, Glycemic Load:2.73, Inflammation Score:-4, Nutrition Score:7.5486956938453%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 134.48kcal (6.72%), Fat: 4.85g (7.46%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 12.05g (4.38%), Sugar: 2.8g (3.11%), Cholesterol: 0mg (0%), Sodium: 14.14mg (0.61%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 7.73g (15.47%), Manganese: 0.58mg (28.83%), Folate: 75.09µg (18.77%), Fiber: 4.54g (18.18%), Copper: 0.34mg (17.04%), Phosphorus: 125.68mg (12.57%), Iron: 2.11mg (11.73%), Magnesium: 46.67mg (11.67%), Potassium: 287.05mg (8.2%), Zinc: 1.16mg (7.76%), Vitamin B1: 0.1mg (6.62%), Vitamin B6: 0.11mg (5.58%), Selenium: 3.45µg (4.92%), Vitamin K: 4.35µg (4.15%), Vitamin C: 2.93mg (3.56%), Calcium: 31.32mg (3.13%), Vitamin A: 129.04IU (2.58%), Vitamin B2: 0.04mg (2.44%), Vitamin B5: 0.2mg (2.02%), Vitamin E: 0.3mg (1.97%), Vitamin B3: 0.38mg (1.9%)