



Pumpkin Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



840 min.

SERVINGS



5

CALORIES



404 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce pumpkin puree canned
- 1.8 cups chickpeas dry
- 3 cloves garlic minced
- 0.5 teaspoon ground allspice
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon nutmeg
- 5 fluid ounces juice of lemon
- 0.3 cup olive oil extra virgin extra-virgin

5 servings salt to taste

0.5 cup tahini

Equipment

sauce pan

pot

blender

Directions

Place the garbanzo beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour.

Drain and rinse before using.

Place the soaked garbanzo beans into a large saucepan and cover with several inches of water. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the garbanzo beans are tender, 1 1/2 to 2 hours. Once cooked, refrigerate the beans and liquid until cold.

Drain the garbanzo beans, reserving the cooking liquid.

Place the beans and 1/2 cup of the reserved cooking liquid into a blender, and puree until a smooth paste forms.

Add the pumpkin puree, lemon juice, olive oil, tahini, garlic, cinnamon, nutmeg, and allspice. Cover and puree again until smooth. Use additional cooking liquid as needed to achieve a smooth consistency. Season to taste with salt.

Nutrition Facts



PROTEIN 9.8% **FAT 61.27%** **CARBS 28.93%**

Properties

Glycemic Index:29.15, Glycemic Load:3.15, Inflammation Score:-10, Nutrition Score:21.730869417605%

Flavonoids

Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 4.28mg, Hesperetin: 4.28mg, Hesperetin: 4.28mg, Hesperetin: 4.28mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 403.69kcal (20.18%), Fat: 29.02g (44.65%), Saturated Fat: 4.12g (25.74%), Carbohydrates: 30.82g (10.27%), Net Carbohydrates: 22.55g (8.2%), Sugar: 6.39g (7.1%), Cholesterol: 0mg (0%), Sodium: 211.56mg (9.2%), Alcohol: 0g (100%), Protein: 10.45g (20.89%), Vitamin A: 13271.5IU (265.43%), Manganese: 0.8mg (39.94%), Copper: 0.69mg (34.68%), Folate: 138.66µg (34.66%), Fiber: 8.27g (33.1%), Phosphorus: 321.7mg (32.17%), Vitamin B1: 0.48mg (32.02%), Vitamin K: 24.67µg (23.49%), Iron: 4.08mg (22.64%), Vitamin E: 3.23mg (21.51%), Vitamin C: 17.42mg (21.12%), Magnesium: 72.9mg (18.22%), Selenium: 11.02µg (15.74%), Zinc: 2.18mg (14.52%), Potassium: 493.9mg (14.11%), Vitamin B3: 2.02mg (10.09%), Vitamin B6: 0.2mg (10.02%), Calcium: 93.07mg (9.31%), Vitamin B2: 0.12mg (6.92%), Vitamin B5: 0.55mg (5.55%)