



Pumpkin Hummus



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



39 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce pumpkin puree canned
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 garlic chopped
- ☐ 1 teaspoon cumin
- ☐ 0.1 teaspoon pepper red
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon olive oil
- ☐ 4 6-inch wholewheat pita breads cut into 8 wedges ()

- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons tahini (sesame-seed paste)

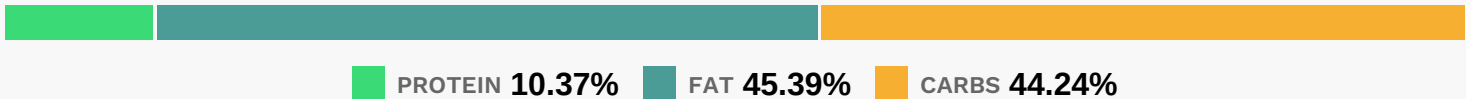
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 42
- ☐ Place pita wedges on baking sheets; coat with cooking spray.
- ☐ Bake at 425 for 6 minutes or until toasted.
- ☐ Place tahini and next 7 ingredients (through garlic) in a food processor, and process until smooth.
- ☐ Add parsley; pulse until blended. Spoon hummus into a serving bowl; sprinkle with pumpkinseed kernels, if desired.
- ☐ Serve with pita wedges.

Nutrition Facts



Properties

Glycemic Index:19.6, Glycemic Load:0.25, Inflammation Score:0, Nutrition Score:7.7365217468013%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 39.06kcal (1.95%), Fat: 2.17g (3.35%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 3.32g (1.21%), Sugar: 1.49g (1.66%), Cholesterol: 0mg (0%), Sodium: 180.61mg (7.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.12g (2.24%), Vitamin A: 6690.34IU (133.81%), Vitamin K: 20.22µg (19.26%), Fiber: 1.45g (5.81%), Vitamin C: 4.25mg (5.15%), Iron: 0.93mg (5.14%), Copper: 0.1mg (4.96%), Vitamin B1: 0.06mg (4.15%), Phosphorus: 41.17mg (4.12%), Manganese: 0.08mg (4.11%), Magnesium: 14.17mg (3.54%), Vitamin E: 0.53mg (3.51%), Potassium: 114.52mg (3.27%), Folate: 9.99µg (2.5%), Calcium: 19.54mg (1.95%), Vitamin B5: 0.18mg (1.81%), Selenium: 1.26µg (1.8%), Vitamin B3: 0.36mg (1.79%), Vitamin B6: 0.04mg (1.76%), Vitamin B2: 0.03mg (1.72%), Zinc: 0.24mg (1.59%)