



Pumpkin Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



15 ounce chickpeas canned



1 clove garlic



0.3 teaspoon ground cinnamon



0.3 cup juice of lemon (- 1 lemon)



1 cup pumpkin puree



4 servings salt to taste

Equipment



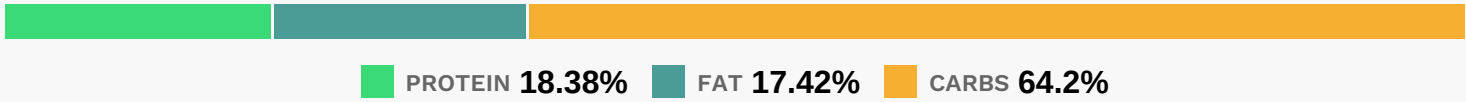
food processor

☐ blender

Directions

☐ Puree everything in a food processor or blender and enjoy!

Nutrition Facts



Properties

Glycemic Index:26.83, Glycemic Load:4.16, Inflammation Score:-10, Nutrition Score:14.907391185346%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 125.52kcal (6.28%), Fat: 2.63g (4.05%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 21.83g (7.28%), Net Carbohydrates: 14.7g (5.35%), Sugar: 2.62g (2.91%), Cholesterol: 0mg (0%), Sodium: 299.5mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.5%), Vitamin A: 10381.84IU (207.64%), Manganese: 1.04mg (51.85%), Vitamin B6: 0.6mg (30.13%), Fiber: 7.13g (28.5%), Iron: 2.35mg (13.06%), Vitamin C: 10.35mg (12.54%), Copper: 0.24mg (12.04%), Magnesium: 47.01mg (11.75%), Phosphorus: 114.79mg (11.48%), Vitamin K: 11.46µg (10.91%), Folate: 39.13µg (9.78%), Potassium: 338.8mg (9.68%), Vitamin E: 1.27mg (8.48%), Zinc: 0.91mg (6.04%), Calcium: 59.62mg (5.96%), Vitamin B5: 0.59mg (5.88%), Vitamin B2: 0.07mg (4.15%), Vitamin B1: 0.06mg (4.03%), Selenium: 2.67µg (3.82%), Vitamin B3: 0.56mg (2.79%)