



Red Bean Hummus with Pita Wedges

 Vegetarian  Vegan  Dairy Free

READY IN



12 min.

SERVINGS



12

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce beans red drained canned
- 3 cloves garlic
- 0.3 teaspoon ground cumin
- 2 tablespoons juice of lime fresh
- 3 6-inch pita bread rounds ()
- 2 teaspoons sesame oil

Equipment

- food processor

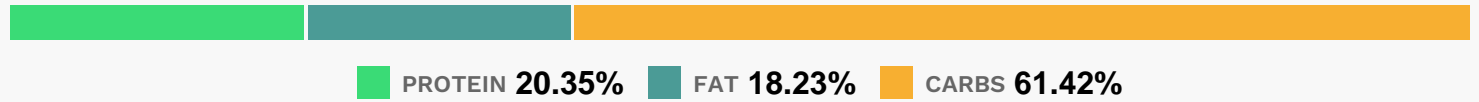
bowl

knife

Directions

- Position knife blade in food processor bowl. Drop garlic through food chute with processor running; process 3 seconds or until garlic is minced.
- Add beans and next 3 ingredients; process until smooth.
- Separate each pita bread round into 2 rounds; cut each into 8 wedges.
- Serve hummus with pita wedges.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:2.07, Inflammation Score:-1, Nutrition Score:2.0952173837501%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 39.1kcal (1.95%), Fat: 0.82g (1.26%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 6.22g (2.07%), Net Carbohydrates: 4.18g (1.52%), Sugar: 0.75g (0.83%), Cholesterol: 0mg (0%), Sodium: 98.35mg (4.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Fiber: 2.04g (8.16%), Manganese: 0.13mg (6.28%), Phosphorus: 42.02mg (4.2%), Potassium: 105.26mg (3.01%), Magnesium: 11.94mg (2.99%), Copper: 0.06mg (2.96%), Iron: 0.52mg (2.88%), Vitamin B1: 0.04mg (2.87%), Folate: 10.16µg (2.54%), Vitamin B6: 0.04mg (2.04%), Zinc: 0.25mg (1.66%), Vitamin K: 1.67µg (1.59%), Vitamin B2: 0.03mg (1.58%), Vitamin C: 1.29mg (1.56%), Calcium: 13.27mg (1.33%), Vitamin B3: 0.2mg (1.01%)