



Red-Lentil Hummus



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



5

CALORIES



421 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon coriander
- ☐ 0.5 garlic clove smashed
- ☐ 5 servings greek yogurt
- ☐ 0.5 juice of lemon
- ☐ 1 tablespoon olive oil extra-virgin for drizzling
- ☐ 3 tablespoons olive oil
- ☐ 1.5 tablespoons parsley minced
- ☐ 1 cup lentils red rinsed

- ☐ 1 teaspoon red-wine vinegar
- ☐ 0.5 teaspoon sea salt plus more for finishing
- ☐ 1 pinch paprika sweet
- ☐ 0.3 cup tahini

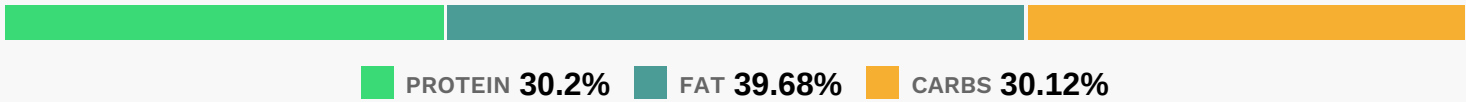
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ Place lentils in a 2-quart pot; cover with 2 cups water. Boil, then reduce heat and simmer until tender (about 20 minutes).
- ☐ Combine lentils, salt, tahini, garlic, olive oil, lemon juice, vinegar, and coriander in a food processor and blend until smooth.
- ☐ To serve: Spoon hummus into a shallow bowl.
- ☐ Drizzle with olive oil.
- ☐ Sprinkle with paprika and parsley. Top with Greek yogurt if desired.

Nutrition Facts



Properties

Glycemic Index:26.72, Glycemic Load:2.66, Inflammation Score:-7, Nutrition Score:23.232174064802%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg 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: 2.6mg, Apigenin: 2.6mg, Apigenin: 2.6mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

0.02mg, Quercetin: 0.02mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 421.42kcal (21.07%), Fat: 18.73g (28.81%), Saturated Fat: 2.72g (16.97%), Carbohydrates: 31.98g (10.66%), Net Carbohydrates: 20.31g (7.39%), Sugar: 7.38g (8.2%), Cholesterol: 10mg (3.33%), Sodium: 312.1mg (13.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.07g (64.14%), Phosphorus: 531.27mg (53.13%), Folate: 200.73µg (50.18%), Fiber: 11.67g (46.68%), Vitamin B2: 0.66mg (38.63%), Selenium: 26.98µg (38.54%), Vitamin B1: 0.55mg (36.81%), Vitamin K: 28.4µg (27.05%), Calcium: 262.24mg (26.22%), Manganese: 0.51mg (25.42%), Vitamin B12: 1.4µg (23.33%), Zinc: 3.36mg (22.42%), Copper: 0.42mg (20.95%), Potassium: 696.96mg (19.91%), Iron: 3.58mg (19.88%), Magnesium: 78.58mg (19.64%), Vitamin B6: 0.35mg (17.54%), Vitamin B5: 1.45mg (14.48%), Vitamin E: 1.88mg (12.54%), Vitamin B3: 2.08mg (10.39%), Vitamin C: 4.95mg (6%), Vitamin A: 230.22IU (4.6%)