



## Red Pepper Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15 ounce navy beans rinsed drained canned
- 1 tablespoon cilantro leaves fresh chopped
- 2 garlic cloves chopped
- 0.3 teaspoon ground coriander
- 0.3 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 0.3 cup juice of lemon fresh
- 8 servings garnishes: lettuce toasted chopped

- 2 tablespoons olive oil
- 0.5 cup roasted bell peppers red drained chopped
- 0.8 teaspoon salt
- 0.3 cup tahini

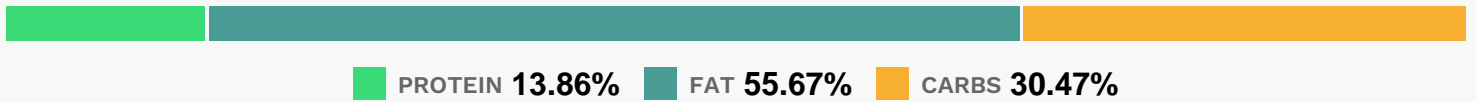
## Equipment

- food processor
- blender

## Directions

- Process first 9 ingredients in a food processor or blender until smooth, stopping to scrape down sides. With processor running, pour oil through food chute in a slow, steady stream; process until smooth. Stir in cilantro; chill 1 hour.
- Garnish, if desired.
- Serve with tortilla or pita chips

## Nutrition Facts



## Properties

Glycemic Index:16.75, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:10.426956539569%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 201.05kcal (10.05%), Fat: 13.09g (20.13%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 16.11g (5.37%), Net Carbohydrates: 11.79g (4.29%), Sugar: 0.38g (0.42%), Cholesterol: 0mg (0%), Sodium: 580.76mg (25.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.67%), Copper: 0.61mg (30.73%), Manganese: 0.43mg (21.44%), Phosphorus: 204.83mg (20.48%), Vitamin B1: 0.3mg (20.24%), Fiber: 4.32g (17.28%), Magnesium: 64.72mg (16.18%), Iron: 2.76mg (15.32%), Selenium: 9.44µg (13.49%), Folate: 53.57µg (13.39%), Calcium: 123.81mg (12.38%), Zinc:

1.53mg (10.19%), Vitamin C: 8.12mg (9.85%), Vitamin B6: 0.16mg (8.16%), Potassium: 263.57mg (7.53%), Vitamin E: 0.97mg (6.48%), Vitamin B3: 1.25mg (6.27%), Vitamin B2: 0.07mg (3.92%), Vitamin K: 3.87µg (3.69%), Vitamin A: 83.62IU (1.67%), Vitamin B5: 0.11mg (1.13%)