



Red Pepper Hummus

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce chickpeas canned
- ☐ 2 tablespoons cream cheese recommended: Philadelphia
- ☐ 2 tablespoons garlic infused olive oil
- ☐ 1 teaspoon juice of lime
- ☐ 1 teaspoon paprika
- ☐ 12 ounce flame roasted peppers red
- ☐ 8 servings salt

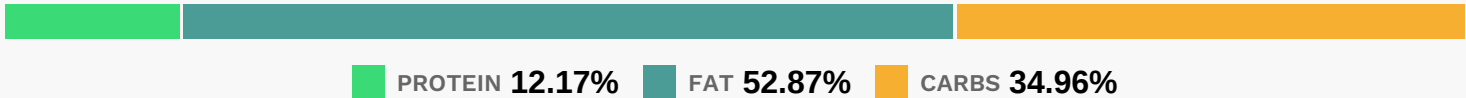
Equipment

☐ food processor

Directions

- ☐ Drain the peppers and chickpeas and put them into a food processor.
- ☐ Add the paprika, cream cheese, oil and lime juice.
- ☐ Whiz to a hummus-like puree, and then add salt and perhaps more lime juice, to taste.

Nutrition Facts



Properties

Glycemic Index:10.29, Glycemic Load:1.88, Inflammation Score:-4, Nutrition Score:5.9778260718221%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg

Nutrients (% of daily need)

Calories: 95.8kcal (4.79%), Fat: 5.87g (9.04%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 5.96g (2.17%), Sugar: 0.17g (0.19%), Cholesterol: 3.66mg (1.22%), Sodium: 925.5mg (40.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin C: 20.01mg (24.26%), Manganese: 0.48mg (23.94%), Vitamin B6: 0.32mg (15.9%), Fiber: 2.78g (11.13%), Vitamin A: 400.7IU (8.01%), Copper: 0.13mg (6.7%), Iron: 1.03mg (5.72%), Phosphorus: 52.95mg (5.29%), Folate: 19.72µg (4.93%), Magnesium: 18.9mg (4.72%), Potassium: 144.82mg (4.14%), Vitamin E: 0.61mg (4.06%), Calcium: 39.13mg (3.91%), Zinc: 0.45mg (2.99%), Vitamin K: 2.39µg (2.27%), Selenium: 1.45µg (2.07%), Vitamin B5: 0.19mg (1.92%), Vitamin B1: 0.03mg (1.89%), Vitamin B2: 0.03mg (1.87%), Vitamin B3: 0.33mg (1.64%)