



## Red pepper hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 410 g garbanzo beans canned
- ☐ 1 large garlic clove
- ☐ 2 roasted peppers red
- ☐ 1 tbsp juice of lemon
- ☐ 2 tbsp olive oil for drizzling plus a bit extra
- ☐ 0.5 tsp chili powder
- ☐ 1 sticks celery stalks italian with the leaves on, to serve

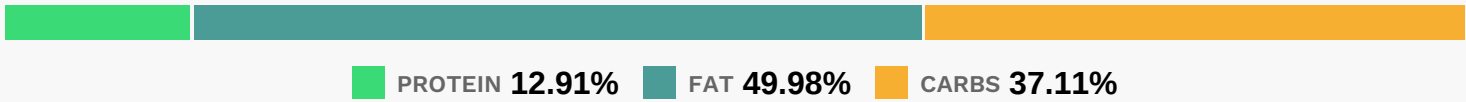
## Equipment

- ☐ food processor
- ☐ bowl

## Directions

- ☐ Rinse and drain the chickpeas, then tip them into a food processor. Peel the garlic and crush in with the chickpeas, along with plenty of salt and pepper. Whizz briefly.
- ☐ Remove any stray seeds from the peppers, then add them to the processor with the lemon juice, olive oil and chilli. Blitz again until really smooth. Taste and add extra seasoning and chilli for more of a kick, if you like.
- ☐ Spoon into a bowl, drizzle with olive oil and serve with celery sticks, radishes and a stack of breadsticks for dipping.

## Nutrition Facts



## Properties

Glycemic Index:51.17, Glycemic Load:7.66, Inflammation Score:-6, Nutrition Score:16.399130240731%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 316.68kcal (15.83%), Fat: 18.23g (28.05%), Saturated Fat: 2.39g (14.93%), Carbohydrates: 30.46g (10.15%), Net Carbohydrates: 20.7g (7.53%), Sugar: 0.26g (0.29%), Cholesterol: 0mg (0%), Sodium: 1088.51mg (47.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.6g (21.2%), Manganese: 1.77mg (88.7%), Vitamin B6: 1.07mg (53.6%), Fiber: 9.76g (39.04%), Vitamin C: 20.8mg (25.21%), Copper: 0.37mg (18.72%), Phosphorus: 176.44mg (17.64%), Iron: 3.05mg (16.92%), Magnesium: 61.31mg (15.33%), Vitamin E: 2.29mg (15.25%), Folate: 59.08µg (14.77%), Potassium: 377.56mg (10.79%), Zinc: 1.53mg (10.21%), Calcium: 92.65mg (9.27%), Vitamin K: 9.31µg (8.87%), Vitamin A: 426.12IU (8.52%), Vitamin B5: 0.65mg (6.53%), Selenium: 4.57µg (6.53%), Vitamin B1: 0.08mg (5.43%), Vitamin B2: 0.05mg (3.01%), Vitamin B3: 0.57mg (2.84%)