



## Red-Pepper Hummus in Cucumber Cups

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



20

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups chickpeas drained and rinsed canned
- 2 cucumbers english
- 1 clove garlic chopped
- 0.3 teaspoon ground cumin
- 0.3 cup juice of lemon (from 1 large lemon)
- 3 tablespoons olive oil
- 7 oz roasted peppers red drained chopped
- 20 servings salt and pepper

0.3 cup tahini

## Equipment

food processor

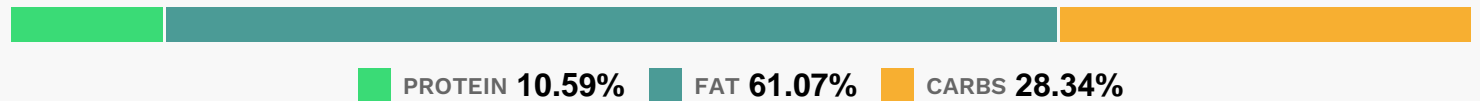
melon baller

## Directions

Combine chickpeas, red peppers, garlic, tahini, lemon juice, olive oil, cumin, salt, pepper and 1 T bsp. hot water in food processor and puree until smooth. Taste and adjust seasoning as desired.

Cut cucumbers into 1/2 -inch-thick slices and scoop out seeds with a small spoon or melon baller, leaving bottom intact to form a cup. Fill each cup with hummus and serve.

## Nutrition Facts



## Properties

Glycemic Index:3.77, Glycemic Load:0.62, Inflammation Score:-2, Nutrition Score:3.4095651688783%

## Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 63.95kcal (3.2%), Fat: 4.62g (7.1%), Saturated Fat: 0.64g (3.98%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 3.63g (1.32%), Sugar: 0.58g (0.64%), Cholesterol: 0mg (0%), Sodium: 377.36mg (16.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Manganese: 0.18mg (8.9%), Vitamin C: 6.87mg (8.32%), Vitamin K: 6.19µg (5.89%), Vitamin B6: 0.12mg (5.83%), Copper: 0.12mg (5.8%), Phosphorus: 54.5mg (5.45%), Vitamin B1: 0.08mg (5.37%), Fiber: 1.19g (4.77%), Magnesium: 13.54mg (3.38%), Iron: 0.58mg (3.2%), Folate: 12.32µg (3.08%), Potassium: 104.81mg (2.99%), Selenium: 1.85µg (2.64%), Zinc: 0.38mg (2.54%), Vitamin E: 0.32mg (2.11%), Calcium: 21.08mg (2.11%), Vitamin A: 88.75IU (1.78%), Vitamin B3: 0.34mg (1.68%), Vitamin B5: 0.14mg (1.35%), Vitamin B2: 0.02mg (1.23%)