



Red Pepper Hummus with Pita Chips

 Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 19 oz garbanzo beans rinsed drained canned
- 1 tablespoon juice of lemon
- 1 tablespoon vegetable oil
- 2 cloves garlic chopped
- 0.3 cup roasted peppers red drained (from a jar)
- 1 serving parsley fresh chopped
- 1 serving pita chips

Equipment

food processor

bowl

Directions

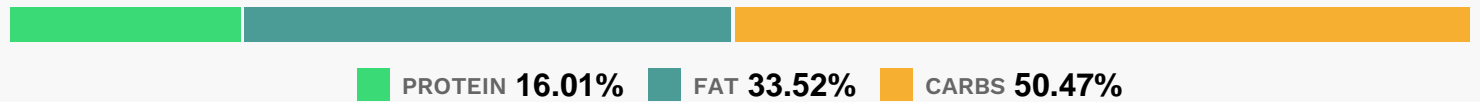
In food processor, place chickpeas, lemon juice, oil and garlic. Cover; process 1 to 2 minutes or until smooth.

Add roasted peppers; process 30 to 60 seconds or until peppers are finely chopped.

Place in serving bowl; cover and refrigerate until ready to serve.

Serve with pita chips.

Nutrition Facts



Properties

Glycemic Index:8.53, Glycemic Load:1.7, Inflammation Score:-2, Nutrition Score:3.8099999505541%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 62.02kcal (3.1%), Fat: 2.38g (3.67%), Saturated Fat: 0.3g (1.87%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 5.94g (2.16%), Sugar: 0.15g (0.17%), Cholesterol: 0mg (0%), Sodium: 198.23mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Manganese: 0.4mg (19.89%), Vitamin B6: 0.23mg (11.44%), Fiber: 2.14g (8.54%), Vitamin K: 7.59µg (7.23%), Phosphorus: 40.64mg (4.06%), Iron: 0.72mg (4%), Copper: 0.08mg (3.96%), Folate: 15.77µg (3.94%), Vitamin C: 2.94mg (3.56%), Magnesium: 13.78mg (3.44%), Selenium: 1.75µg (2.51%), Zinc: 0.35mg (2.33%), Potassium: 78.46mg (2.24%), Vitamin B1: 0.03mg (2%), Calcium: 19.14mg (1.91%), Vitamin E: 0.26mg (1.73%), Vitamin B5: 0.15mg (1.53%), Vitamin B3: 0.25mg (1.27%), Vitamin A: 55.16IU (1.1%)