



## Red Pepper Hummus with Pita Chips

 Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

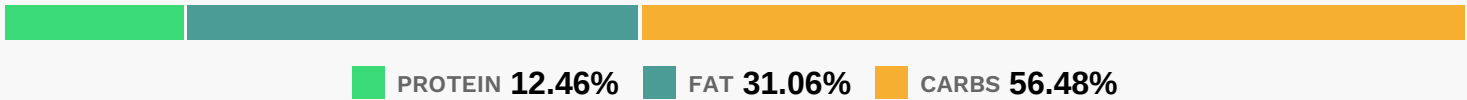
### Equipment

- ☐ 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:1.73, Inflammation Score:-5, Nutrition Score:10.958261002665%

## 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: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 180.64kcal (9.03%), Fat: 6.31g (9.71%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 22.6g (8.22%), Sugar: 1.4g (1.56%), Cholesterol: 0mg (0%), Sodium: 419.48mg (18.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.4%), Vitamin K: 68.03µg (64.79%), Manganese: 0.57mg (28.6%), Selenium: 10.25µg (14.65%), Folate: 55.99µg (14%), Vitamin E: 2.07mg (13.77%), Vitamin B6: 0.26mg (13.01%), Fiber: 3.23g (12.93%), Iron: 2.13mg (11.81%), Vitamin B1: 0.18mg (11.79%), Vitamin B3: 2.11mg (10.54%), Vitamin C: 7.81mg (9.47%), Phosphorus: 74.59mg (7.46%), Vitamin A: 364.04IU (7.28%), Magnesium: 25.11mg (6.28%), Copper: 0.12mg (6.04%), Vitamin B2: 0.1mg (5.8%), Zinc: 0.63mg (4.23%), Potassium: 131.89mg (3.77%), Vitamin B5: 0.3mg (2.96%), Calcium: 28.56mg (2.86%)