



Roarin' Hummus

 Dairy Free

READY IN



15 min.

SERVINGS



7

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

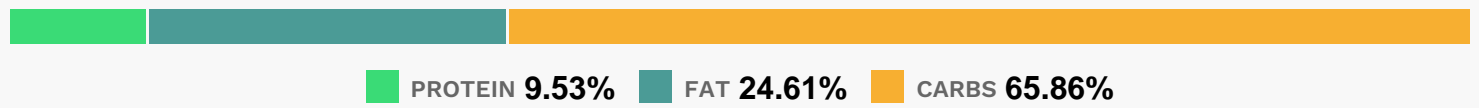
- 2 slices carrots peeled thin
- 2 slices cucumber
- 8 pepper strips green thin
- 3 pimento-stuffed olives green
- 21 ritz crackers
- 7 oz athenos roasted pepper hummus red

Equipment

Directions

- Spread hummus into 8-inch circle on large plate.
- Arrange carrots around outer edge to resemble a lion's mane.
- Add cucumbers for the ears.
- Remove pimentos from olives; place olives in hummus for the eyes and nose.
- Add pimentos for the eyebrows and mouth and peppers for the whiskers.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:10.26, Glycemic Load:1.51, Inflammation Score:-10, Nutrition Score:15.59956522869%

Flavonoids

Luteolin: 6.45mg, Luteolin: 6.45mg, Luteolin: 6.45mg, Luteolin: 6.45mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 93.6kcal (4.68%), Fat: 2.75g (4.24%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 16.58g (5.53%), Net Carbohydrates: 12.67g (4.61%), Sugar: 5.69g (6.32%), Cholesterol: 0mg (0%), Sodium: 522.4mg (22.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.8%), Vitamin C: 124.65mg (151.09%), Vitamin A: 6482.03IU (129.64%), Vitamin B6: 0.41mg (20.51%), Vitamin K: 19.33µg (18.41%), Fiber: 3.91g (15.62%), Manganese: 0.31mg (15.56%), Potassium: 405.08mg (11.57%), Vitamin B1: 0.15mg (9.89%), Vitamin B3: 1.6mg (7.98%), Folate: 31.57µg (7.89%), Copper: 0.16mg (7.85%), Vitamin E: 1.11mg (7.42%), Phosphorus: 70.13mg (7.01%), Iron: 1.21mg (6.72%), Magnesium: 23.04mg (5.76%), Vitamin B2: 0.09mg (5.37%), Calcium: 51.76mg (5.18%), Vitamin B5: 0.28mg (2.79%), Zinc: 0.37mg (2.47%)