



## Roasted Beet and Mint Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup roasted beets chopped
- 15 ounce chickpeas rinsed drained canned
- 1 garlic clove
- 1 juice of lemon juiced
- 0.5 cup picked mint leaves
- 2 tablespoons olive oil
- 10 servings chips
- 10 servings salt and pepper

3 tablespoons tahini paste

## Equipment

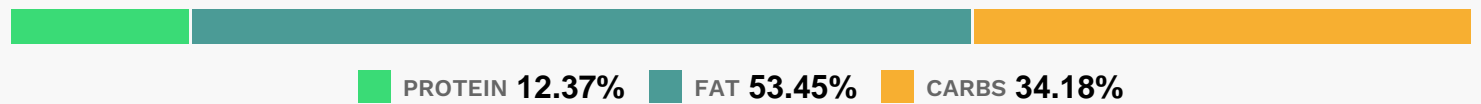
food processor

## Directions

In a food processor, blend the chickpeas, beets, mint, tahini, olive oil, garlic, lemon juice and 1/4 cup water. Blend until smooth, and season with salt and pepper.

Serve with crudite or chips.

## Nutrition Facts



## Properties

Glycemic Index:19.87, Glycemic Load:2.34, Inflammation Score:-3, Nutrition Score:4.9782609265784%

## Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 99.94kcal (5%), Fat: 6.22g (9.56%), Saturated Fat: 0.86g (5.4%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 6.24g (2.27%), Sugar: 1g (1.11%), Cholesterol: 0mg (0%), Sodium: 329.92mg (14.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.47%), Manganese: 0.43mg (21.36%), Vitamin B6: 0.23mg (11.34%), Fiber: 2.7g (10.81%), Folate: 33.26µg (8.31%), Copper: 0.16mg (7.85%), Phosphorus: 78.12mg (7.81%), Vitamin B1: 0.09mg (6.22%), Iron: 0.98mg (5.46%), Magnesium: 21.12mg (5.28%), Potassium: 147.55mg (4.22%), Zinc: 0.58mg (3.88%), Selenium: 2.54µg (3.64%), Vitamin C: 2.93mg (3.55%), Calcium: 29.83mg (2.98%), Vitamin E: 0.41mg (2.76%), Vitamin A: 109.67IU (2.19%), Vitamin B3: 0.42mg (2.1%), Vitamin B5: 0.17mg (1.67%), Vitamin K: 1.72µg (1.64%), Vitamin B2: 0.02mg (1.43%)