



Roasted Beet Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium beets red
- 1 cup chickpeas cooked
- 2 cloves garlic minced
- 1 teaspoon ground cumin
- 1 juice of lemon
- 10 servings olive oil
- 10 servings salt
- 0.3 cup tahini

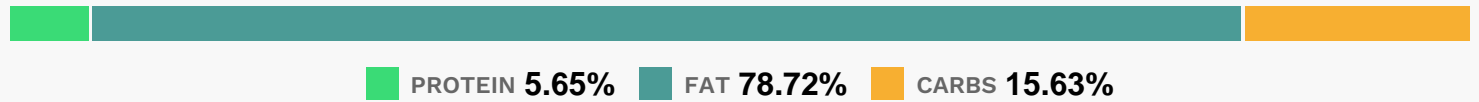
Equipment

- food processor
- blender

Directions

- Place all ingredients except for the chickpeas and olive oil in a food processor or blender. Pulse until well blended.
- Add the chickpeas and olive oil and pulse until just incorporated.
- Add more olive oil as necessary for blending the chickpeas into a paste, or to thin out the hummus to a thinner consistency.
- Serve with warm pita or flat bread.

Nutrition Facts



Properties

Glycemic Index:12.48, Glycemic Load:1.63, Inflammation Score:-2, Nutrition Score:5.114347826087%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 195.79kcal (9.79%), Fat: 17.69g (27.21%), Saturated Fat: 2.43g (15.19%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 5.86g (2.13%), Sugar: 2.02g (2.25%), Cholesterol: 0mg (0%), Sodium: 211.05mg (9.18%), Protein: 2.86g (5.71%), Vitamin E: 2.09mg (13.95%), Folate: 53.26µg (13.31%), Manganese: 0.24mg (12.12%), Vitamin K: 9.14µg (8.7%), Copper: 0.17mg (8.56%), Phosphorus: 83.91mg (8.39%), Vitamin B1: 0.12mg (8.19%), Fiber: 2.05g (8.19%), Iron: 1.1mg (6.11%), Magnesium: 18.55mg (4.64%), Selenium: 2.89µg (4.13%), Zinc: 0.61mg (4.04%), Potassium: 139.77mg (3.99%), Vitamin C: 2.66mg (3.23%), Vitamin B6: 0.05mg (2.64%), Vitamin B3: 0.5mg (2.49%), Calcium: 22.6mg (2.26%), Vitamin B2: 0.03mg (1.54%)