



Roasted Carrot and Hummus Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 350 g carrots organic washed trimmed cut into 2cm chunks
- ☐ 400 g chickpeas drained and rinsed organic canned tinned
- ☐ 2 tsp cumin seeds
- ☐ 3 cloves garlic unpeeled
- ☐ 1 juice of lemon
- ☐ 2 tbsp olive oil

Equipment

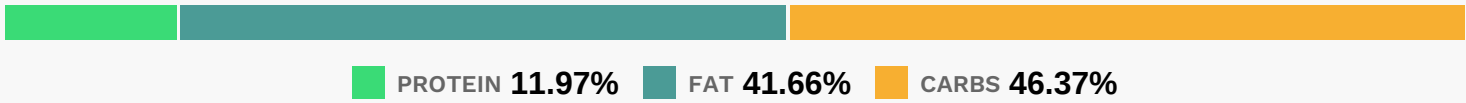
- ☐ food processor

☐ oven

Directions

- ☐ Preheat the oven to 220c/Gas Mark 7
- ☐ Place the carrots in a small roasting tin, add the garlic, cumin and 1 tbsp of the olive oil and toss to mix.
- ☐ Place the garlic under the carrots and roast for 15–20 minutes or until the carrots are tender and lightly charred.
- ☐ Add the chickpeas to the roasting tin and stir well to coat them with the cooking juices.
- ☐ Remove and discard the skins from the garlic.
- ☐ Transfer the ingredients to a food processor, add the remaining oil and lemon juice, then use the pulse setting to blend to a creamy puree. Season to taste with salt and pepper.
- ☐ Serve: with vegetable crudites and oatcakes.

Nutrition Facts



Properties

Glycemic Index:30.54, Glycemic Load:6.67, Inflammation Score:-10, Nutrition Score:15.513913227164%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 194.7kcal (9.73%), Fat: 9.42g (14.5%), Saturated Fat: 1.22g (7.62%), Carbohydrates: 23.6g (7.87%), Net Carbohydrates: 16.57g (6.03%), Sugar: 4.38g (4.87%), Cholesterol: 0mg (0%), Sodium: 340.74mg (14.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.18%), Vitamin A: 14646.74IU (292.93%), Manganese: 1.02mg (50.83%), Vitamin B6: 0.63mg (31.48%), Fiber: 7.03g (28.12%), Vitamin K: 15.86µg (15.1%), Potassium: 459.59mg (13.13%), Iron: 2.27mg (12.63%), Phosphorus: 119.91mg (11.99%), Vitamin E: 1.63mg (10.89%), Vitamin C: 8.95mg (10.85%), Folate: 43.3µg (10.82%), Magnesium: 42.36mg (10.59%), Copper: 0.21mg (10.47%), Calcium: 78.24mg

(7.82%), Vitamin B1: 0.1mg (6.84%), Zinc: 0.98mg (6.54%), Vitamin B5: 0.56mg (5.61%), Vitamin B3: 1.06mg (5.3%),
Vitamin B2: 0.07mg (4.28%), Selenium: 2.47µg (3.53%)