



Roasted Carrot Hummus with Veggies Two Ways



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups broccoli florets
- ☐ 3 carrots peeled roughly chopped
- ☐ 2 cups cauliflower florets
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil

- ☐ 0.5 teaspoon paprika
- ☐ 8 servings salt and pepper
- ☐ 0.8 cup beans white canned rinsed cooked

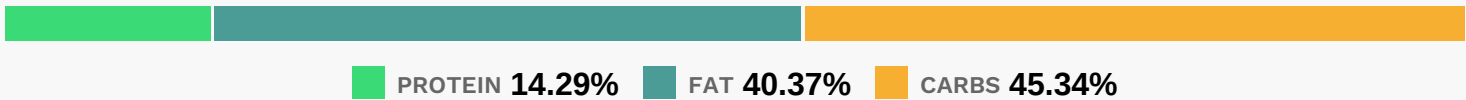
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F. Toss the carrots with 1 tablespoon of the oil on a large baking sheet; season with salt and pepper. Roast, stirring at least once or twice, until soft, about 35 minutes.
- ☐ Meanwhile, toss half the broccoli and cauliflower with the remaining tablespoon of oil and season with salt and pepper. When the carrots are about 10 minutes into cooking, add the broccoli and cauliflower and roast until tender, about 25 minutes.
- ☐ Remove the cooked carrots from the baking sheet and place in food processor along with the white beans, garlic, lemon juice, cumin and paprika. Blend until smooth.
- ☐ Place the roasted and raw broccoli and cauliflower on a platter and serve with the carrot hummus.

Nutrition Facts



Properties

Glycemic Index:20.1, Glycemic Load:1.3, Inflammation Score:-10, Nutrition Score:11.243043443431%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg, Kaempferol: 1.93mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin:

0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 79.83kcal (3.99%), Fat: 3.82g (5.88%), Saturated Fat: 0.57g (3.57%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 6.8g (2.47%), Sugar: 2.12g (2.36%), Cholesterol: 0mg (0%), Sodium: 226.05mg (9.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.09%), Vitamin A: 4026.64IU (80.53%), Vitamin C: 35.27mg (42.75%), Vitamin K: 32.91µg (31.34%), Manganese: 0.24mg (11.97%), Folate: 47.36µg (11.84%), Fiber: 2.87g (11.46%), Potassium: 324.51mg (9.27%), Vitamin B6: 0.14mg (7.13%), Vitamin E: 1.06mg (7.04%), Iron: 1.1mg (6.11%), Magnesium: 22.85mg (5.71%), Phosphorus: 54.87mg (5.49%), Vitamin B1: 0.07mg (4.43%), Copper: 0.08mg (4.16%), Calcium: 41.35mg (4.14%), Vitamin B5: 0.41mg (4.08%), Vitamin B2: 0.07mg (3.85%), Zinc: 0.47mg (3.1%), Vitamin B3: 0.54mg (2.72%), Selenium: 1.03µg (1.47%)