



WHATSheATE



Roasted Red Bell Pepper Hummus



Vegetarian



Vegan



Dairy Free

READY IN



85 min.

SERVINGS



12

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



16 ounces chickpeas



1 tablespoon chipotle pepper in adobo



3 tablespoons cilantro leaves chopped



1 tablespoon garlic chopped



1 jalapeño diced seeded



0.3 cup olive oil extra-virgin



3 tablespoons onion chopped



1 teaspoon paprika

- ☐ 1 teaspoon freshly cracked pepper black
- ☐ 12 servings pita bread toasted for serving
- ☐ 6 ounces roasted bell peppers red

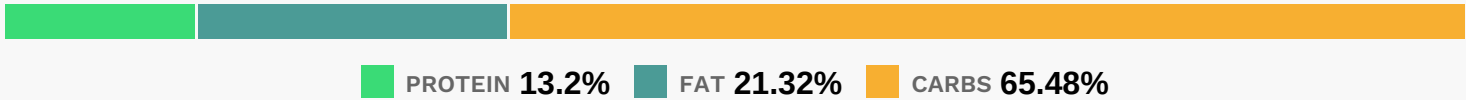
Equipment

- ☐ food processor

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix all ingredients, except olive oil and pita bread, in food processor until pureed, then slowly add in olive oil.
- ☐ Let set up for 1 hour prior to serving.
- ☐ Serve with toasted pita bread.

Nutrition Facts



Properties

Glycemic Index:24.23, Glycemic Load:31.14, Inflammation Score:-4, Nutrition Score:8.8900001774664%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 262.4kcal (13.12%), Fat: 6.23g (9.59%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 43.05g (14.35%), Net Carbohydrates: 38.46g (13.98%), Sugar: 2.08g (2.31%), Cholesterol: 0mg (0%), Sodium: 497.4mg (21.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.68g (17.36%), Manganese: 0.72mg (36.06%), Folate: 81.7µg (20.43%), Fiber: 4.59g (18.37%), Vitamin B1: 0.2mg (13.38%), Copper: 0.25mg (12.63%), Phosphorus: 123.54mg (12.35%), Iron: 2.12mg (11.76%), Vitamin C: 8.89mg (10.77%), Magnesium: 35.46mg (8.87%), Vitamin B3: 1.52mg (7.59%), Calcium: 75.65mg (7.56%), Zinc: 1.1mg (7.32%), Potassium: 213.69mg (6.11%), Vitamin B6: 0.12mg (5.86%), Vitamin E: 0.88mg (5.84%), Vitamin B2: 0.09mg (5.12%), Vitamin K: 5.17µg (4.93%), Vitamin A: 186.41IU (3.73%), Vitamin B5: 0.35mg (3.54%), Selenium: 1.57µg (2.25%)