



Roasted Red Pepper Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



8 min.

SERVINGS



14

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 ounce chickpeas canned (garbanzo beans)
- 1 teaspoon curry powder
- 3 garlic cloves
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 6 tablespoons juice of lemon fresh
- 1 tablespoon olive oil
- 0.5 teaspoon pepper freshly ground

- 7 ounce roasted bell peppers red drained
- 1.3 teaspoons salt
- 3 tablespoons tahini (sesame seed paste)

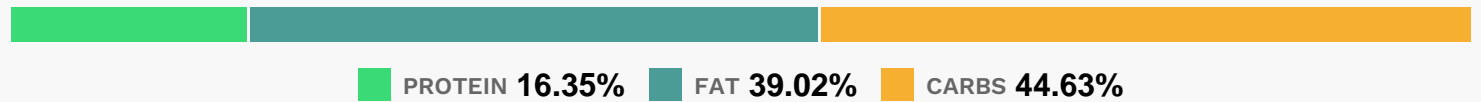
Equipment

- food processor

Directions

- Drain chickpeas, reserving 1/4 cup liquid.
- Place chickpeas, reserved liquid, and remaining ingredients in a food processor; process 2 minutes or until very smooth. Cover and chill 2 hours.
- Serve with pita wedges or baked tortilla chips.

Nutrition Facts



Properties

Glycemic Index:8.02, Glycemic Load:2.3, Inflammation Score:-2, Nutrition Score:5.7056521928829%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg 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: 87.38kcal (4.37%), Fat: 4g (6.15%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 7.17g (2.61%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 572.12mg (24.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Manganese: 0.55mg (27.53%), Vitamin B6: 0.33mg (16.52%), Fiber: 3.13g (12.52%), Vitamin C: 9.51mg (11.53%), Copper: 0.17mg (8.48%), Phosphorus: 79.58mg (7.96%), Iron: 1.13mg (6.3%), Magnesium: 22.55mg (5.64%), Folate: 22.15µg (5.54%), Vitamin B1: 0.08mg (5.2%), Zinc: 0.62mg (4.12%), Potassium: 137.52mg (3.93%), Selenium: 2.51µg (3.59%), Calcium: 35.46mg (3.55%), Vitamin B5: 0.2mg (2%), Vitamin B3: 0.36mg (1.8%), Vitamin A: 88.12IU (1.76%), Vitamin E: 0.19mg (1.26%), Vitamin B2: 0.02mg (1.17%)