



# Roasted Red Pepper Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

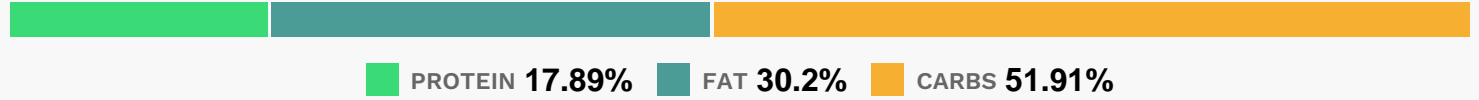
## Ingredients

- 0.3 teaspoon ground pepper
- 2 tablespoons ground cumin
- 16 ounces chickpeas drained and rinsed
- 3 garlic clove coarsely chopped
- 3 tablespoons juice of lemon
- 1 teaspoon paprika
- 4 ounces roasted peppers red ()
- 0.5 teaspoon salt

- 3 tablespoons tahini
- 2 tablespoons water as needed

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:17.96, Glycemic Load:4.05, Inflammation Score:-6, Nutrition Score:12.647391304348%

## 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 Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 184.37kcal (9.22%), Fat: 6.52g (10.03%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 18.48g (6.72%), Sugar: 3.92g (4.36%), Cholesterol: 0mg (0%), Sodium: 464.64mg (20.2%), Protein: 8.69g (17.38%), Manganese: 0.91mg (45.45%), Folate: 142.4µg (35.6%), Fiber: 6.73g (26.91%), Iron: 4.1mg (22.8%), Copper: 0.44mg (21.9%), Phosphorus: 204.2mg (20.42%), Vitamin C: 13.68mg (16.58%), Vitamin B1: 0.23mg (15.36%), Magnesium: 54.41mg (13.6%), Zinc: 1.67mg (11.15%), Potassium: 340.83mg (9.74%), Vitamin B6: 0.19mg (9.5%), Selenium: 5.79µg (8.27%), Calcium: 78.31mg (7.83%), Vitamin A: 348.56IU (6.97%), Vitamin B3: 1.07mg (5.37%), Vitamin B2: 0.08mg (4.5%), Vitamin K: 3.49µg (3.33%), Vitamin E: 0.47mg (3.1%), Vitamin B5: 0.25mg (2.51%)