



Roasted Red Pepper Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



485 min.

SERVINGS



10

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 tsp ground pepper to taste ()
- ☐ 2 tbsp olive oil extra virgin
- ☐ 1.5 cups chickpeas dry drained and rinsed cooked canned (15 oz. each)
- ☐ 1.5 tsp garlic fresh crushed to taste ()
- ☐ 1.5 tbsp juice of lemon fresh
- ☐ 0.8 cup roasted peppers red (1 lb. peppers, roasted)
- ☐ 0.3 tsp salt (to taste- I usually use)
- ☐ 0.8 tsp paprika smoked to taste ()

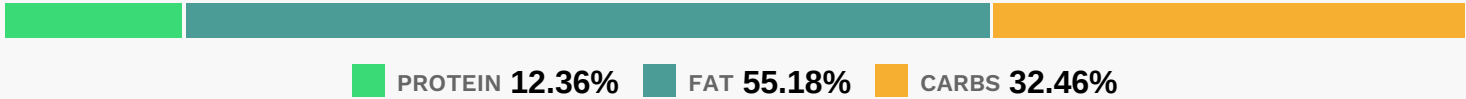
- ☐ 0.3 cup tahini
- ☐ 10 servings water as needed

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Roasted Red Pepper Hummus
- ☐ Ingredients3/4 cup roasted red bell peppers (about 1 lb. peppers, roasted)3 1/2 cups soaked and cooked chickpeas/garbanzo beans (1 1/2 cups dry) OR 2 cans chickpeas/garbanzo beans (15 oz. each), drained and rinsed1/4 cup tahini paste2 tbsp extra virgin olive oil1 1/2 tbsp fresh lemon juice1 1/2 tsp crushed fresh garlic (or more to taste)3/4 tsp smoked paprika (or more to taste)1/4 tsp salt (or more to taste– I usually use about 1/2 tsp)1/4 tsp cayenne pepper (or more to taste)Warm water as needed
- ☐ Total Time: 05 – 8 Hours 5 Minutes
- ☐ Servings: 10–12
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:10.27, Glycemic Load:1.3, Inflammation Score:-3, Nutrition Score:5.2030434530714%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 104.19kcal (5.21%), Fat: 6.68g (10.28%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 6.49g (2.36%), Sugar: 1.26g (1.4%), Cholesterol: 0mg (0%), Sodium: 217.8mg (9.47%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Manganese: 0.28mg (14.05%), Folate: 50.46µg (12.61%),
Copper: 0.24mg (11.88%), Fiber: 2.36g (9.43%), Phosphorus: 92.25mg (9.23%), Vitamin B1: 0.13mg (8.57%), Vitamin
C: 6.49mg (7.87%), Iron: 1.12mg (6.22%), Magnesium: 21.61mg (5.4%), Zinc: 0.71mg (4.73%), Selenium: 3.08µg (4.4%),
Vitamin E: 0.55mg (3.67%), Vitamin B6: 0.07mg (3.62%), Potassium: 122.82mg (3.51%), Calcium: 33.29mg (3.33%),
Vitamin A: 158.04IU (3.16%), Vitamin B3: 0.55mg (2.75%), Vitamin K: 2.83µg (2.7%), Vitamin B2: 0.03mg (1.7%)