



Roasted Vegetable Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



20

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 fennel bulb
- 0.7 cup olive oil
- 1 lb eggplant
- 1 medium bell pepper red cut in half
- 38 oz garbanzo beans drained canned (garbanzo beans)
- 0.3 cup tahini
- 0.3 cup juice of lemon
- 1 teaspoon salt

- 0.3 teaspoon paprika smoked
- 1 serving savory vegetable fresh for dipping, if desired

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 450°F. Line 15x10x1-inch pan with foil.
- Cut one-fourth off top of bulb of garlic; drizzle with 1 teaspoon of the oil. Wrap bulb in foil.
- Place eggplant and bell pepper on cookie sheet.
- Drizzle 2 tablespoons oil over vegetables; toss to coat.
- Place wrapped garlic on cookie sheet.
- Roast uncovered 30 minutes or until vegetables are tender. Cool 10 minutes.
- Remove peel from eggplant and red pepper.
- Cut peeled vegetables into small pieces.
- In food processor with metal blade, place chickpeas. Cover; process until smooth. Squeeze pulp from garlic bulb into food processor.
- Add roasted vegetables, tahini paste, lemon juice, salt and paprika. Cover; process until blended. With food processor running, gradually pour remaining oil through feed tube; process until smooth, stopping twice to scrape down sides. Spoon into serving bowl.
- Serve immediately with vegetables or refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:10.37, Glycemic Load:2.66, Inflammation Score:-5, Nutrition Score:6.9060869113259%

Flavonoids

Delphinidin: 19.43mg, Delphinidin: 19.43mg, Delphinidin: 19.43mg, Delphinidin: 19.43mg Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 92.61kcal (4.63%), Fat: 4.2g (6.46%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 11.36g (3.79%), Net Carbohydrates: 7.48g (2.72%), Sugar: 1.62g (1.79%), Cholesterol: 0mg (0%), Sodium: 276.07mg (12%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Manganese: 0.53mg (26.73%), Fiber: 3.88g (15.53%), Vitamin B6: 0.31mg (15.4%), Vitamin C: 11.75mg (14.24%), Vitamin A: 460.88IU (9.22%), Vitamin K: 9.32µg (8.88%), Phosphorus: 82.72mg (8.27%), Copper: 0.16mg (8.15%), Folate: 29.44µg (7.36%), Potassium: 218.71mg (6.25%), Magnesium: 24.66mg (6.16%), Iron: 1.02mg (5.66%), Vitamin B1: 0.08mg (5.65%), Zinc: 0.61mg (4.06%), Calcium: 32.8mg (3.28%), Selenium: 2.29µg (3.27%), Vitamin E: 0.45mg (3%), Vitamin B3: 0.58mg (2.91%), Vitamin B5: 0.28mg (2.84%), Vitamin B2: 0.03mg (1.98%)