



Roasted Vegetables with Roasted Pepper Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



46 kcal

SIDE DISH

Ingredients

- ☐ 15 oz garbanzo beans drained canned (garbanzo beans)
- ☐ 0.3 cup roasted peppers red (from 7-oz jar)
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1 tablespoon olive oil
- ☐ 1 medium clove garlic peeled
- ☐ 7 spring onion trimmed
- ☐ 2 medium bell pepper red cut into 1 1/2-inch pieces

- ☐ 0.5 lb asparagus fresh trimmed
- ☐ 0.5 lb snow peas fresh
- ☐ 8 oz mushrooms fresh whole
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 teaspoon lawry's seasoned salt

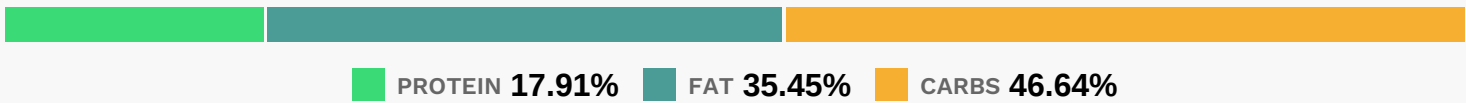
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 450°F.
- ☐ In food processor, place chickpeas. Cover; process with quick on-and-off motions until smooth, adding enough reserved liquid (about 1/4 cup) to make a creamy mixture.
- ☐ Add roasted peppers, vinegar, 1 tablespoon oil and the garlic; process until smooth. If desired, season with salt to taste. Spoon into serving bowl.
- ☐ Let stand 30 minutes to blend flavors, or cover and refrigerate until serving time.
- ☐ In large bowl, toss vegetables with 1 tablespoon oil to coat evenly. Arrange in ungreased 15x10x1-inch pan; sprinkle with seasoned salt.
- ☐ Bake 7 to 10 minutes or until crisp-tender.
- ☐ Serve warm vegetables with hummus as a dip, or refrigerate vegetables at least 8 hours or overnight and serve with hummus.

Nutrition Facts



Properties

Glycemic Index:9.92, Glycemic Load:1.15, Inflammation Score:-6, Nutrition Score:6.3791304353787%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 45.55kcal (2.28%), Fat: 1.92g (2.95%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 3.71g (1.35%), Sugar: 1.49g (1.66%), Cholesterol: 0mg (0%), Sodium: 143.7mg (6.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin C: 24.58mg (29.8%), Vitamin K: 18.5µg (17.62%), Vitamin A: 635.76IU (12.72%), Manganese: 0.25mg (12.53%), Vitamin B6: 0.18mg (9.15%), Fiber: 1.97g (7.86%), Folate: 26.35µg (6.59%), Copper: 0.11mg (5.37%), Iron: 0.93mg (5.19%), Vitamin B2: 0.09mg (5.18%), Phosphorus: 43.96mg (4.4%), Potassium: 152.43mg (4.36%), Vitamin B5: 0.39mg (3.92%), Vitamin B1: 0.06mg (3.91%), Vitamin B3: 0.77mg (3.83%), Vitamin E: 0.54mg (3.61%), Magnesium: 13.6mg (3.4%), Selenium: 1.88µg (2.69%), Zinc: 0.35mg (2.33%), Calcium: 20.31mg (2.03%)