



Rosemary-Parsley Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



8

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

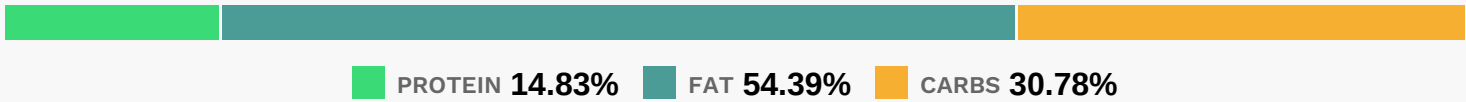
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 garlic clove minced
- ☐ 8 servings ground pepper red to taste
- ☐ 14 oz water
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon cracked pepper black

Equipment

Directions

- ☐ Combine first 6 ingredients.
- ☐ Drizzle with olive oil, and sprinkle with red pepper to taste.

Nutrition Facts



Properties

Glycemic Index:18.69, Glycemic Load:1.21, Inflammation Score:-6, Nutrition Score:6.6717391947041%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 106.02kcal (5.3%), Fat: 6.87g (10.57%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 8.75g (2.92%), Net Carbohydrates: 5.17g (1.88%), Sugar: 0.27g (0.31%), Cholesterol: 0mg (0%), Sodium: 188.84mg (8.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.43%), Manganese: 0.45mg (22.33%), Vitamin A: 852.15IU (17.04%), Fiber: 3.58g (14.31%), Copper: 0.27mg (13.64%), Folate: 43.76µg (10.94%), Magnesium: 38.9mg (9.72%), Phosphorus: 94.5mg (9.45%), Iron: 1.4mg (7.78%), Vitamin B6: 0.15mg (7.74%), Vitamin B1: 0.1mg (6.51%), Zinc: 0.97mg (6.44%), Vitamin E: 0.86mg (5.72%), Potassium: 161.19mg (4.61%), Vitamin C: 2.81mg (3.4%), Vitamin K: 3.3µg (3.15%), Vitamin B2: 0.05mg (3.02%), Calcium: 23.66mg (2.37%), Vitamin B3: 0.47mg (2.36%), Selenium: 1.53µg (2.18%)