



Rosemary-White Bean Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



13 min.

SERVINGS



10

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce .5 can cannellini beans white rinsed drained canned
- 1.5 teaspoons rosemary fresh chopped
- 2 garlic cloves thinly sliced
- 0.5 teaspoon ground cumin
- 1.5 tablespoons juice of lemon fresh
- 2.5 teaspoons olive oil
- 0.3 teaspoon salt
- 1 teaspoon tahini (sesame seed paste)

3.5 tablespoons water divided

Equipment

food processor

bowl

frying pan

blender

Directions

Heat oil in a small nonstick skillet over medium heat.

Add garlic, rosemary, and cumin. Saut 1 to 2 minutes or until garlic begins to brown.

Remove from heat; let stand 10 minutes

Place beans, 2 tablespoons water, lemon juice, tahini, and salt in a blender or food processor; process until smooth.

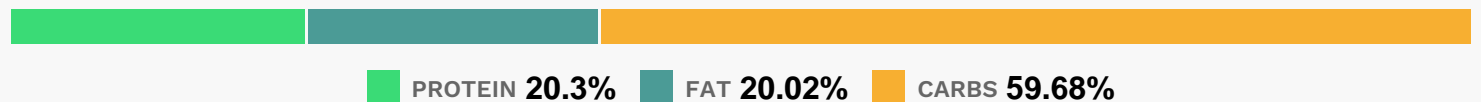
Add garlic mixture and 1 1/2 tablespoons water, if needed, until spread is desired consistency.

Place spread in a small bowl and garnish with rosemary sprigs, if desired.

Serve at room temperature, or cover and chill until ready to use.

Serve with pita bread or fresh cut vegetables.

Nutrition Facts



Properties

Glycemic Index:6.6, Glycemic Load:2.22, Inflammation Score:-2, Nutrition Score:3.4213043337931%

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

Nutrients (% of daily need)

Calories: 62.06kcal (3.1%), Fat: 1.42g (2.18%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 9.52g (3.17%), Net Carbohydrates: 7.43g (2.7%), Sugar: 0.19g (0.21%), Cholesterol: 0mg (0%), Sodium: 61.02mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.48%), Manganese: 0.23mg (11.65%), Fiber: 2.1g (8.39%), Iron: 1.38mg (7.66%), Folate: 28.63µg (7.16%), Potassium: 201.99mg (5.77%), Magnesium: 22.88mg (5.72%), Copper: 0.11mg (5.53%), Phosphorus: 44.25mg (4.43%), Zinc: 0.51mg (3.42%), Calcium: 34.15mg (3.42%), Vitamin B1: 0.05mg (3.41%), Vitamin E: 0.49mg (3.25%), Vitamin B6: 0.04mg (2.08%), Vitamin K: 1.85µg (1.76%), Selenium: 0.95µg (1.35%), Vitamin C: 1.09mg (1.32%), Vitamin B2: 0.02mg (1.04%)