



Round 2 - Spanish Dip

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



740 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon garlic minced
- 0.5 teaspoon ground cumin
- 1 tablespoons juice of lemon
- 0.3 cup olive oil
- 4 pita pockets
- 2 servings salt and pepper black freshly ground
- 0.3 cup pkt spinach
- 1.5 cups beans white

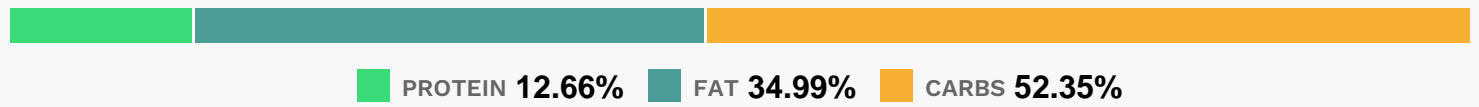
Equipment

- food processor
- bowl

Directions

- Watch how to make this recipe.
- In the bowl of a food processor combine the white beans, spinach, garlic, cumin and lemon juice. Season with salt and pepper and pulse until almost smooth. With the machine running, drizzle in the olive oil until completely incorporated. If the consistency is too thick add a couple of tablespoons of warm water.
- Cut the pita pockets into quarters and toast.
- Transfer the hummus to a serving bowl and serve with the pita.

Nutrition Facts



Properties

Glycemic Index:98, Glycemic Load:58.3, Inflammation Score:-7, Nutrition Score:22.172174028728%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 740.16kcal (37.01%), Fat: 28.97g (44.57%), Saturated Fat: 4.05g (25.31%), Carbohydrates: 97.5g (32.5%), Net Carbohydrates: 86.37g (31.41%), Sugar: 0.69g (0.76%), Cholesterol: 0mg (0%), Sodium: 613.07mg (26.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.58g (47.17%), Manganese: 1.48mg (74.08%), Fiber: 11.14g (44.54%), Iron: 7.16mg (39.78%), Vitamin K: 39.28µg (37.41%), Folate: 144.51µg (36.13%), Vitamin E: 5.26mg (35.04%), Vitamin B1: 0.47mg (31.23%), Magnesium: 119.49mg (29.87%), Copper: 0.59mg (29.48%), Phosphorus: 267.73mg (26.77%), Potassium: 932.75mg (26.65%), Calcium: 229.39mg (22.94%), Zinc: 2.86mg (19.06%), Vitamin

B3: 2.66mg (13.28%), Vitamin B2: 0.18mg (10.71%), Vitamin B6: 0.19mg (9.74%), Vitamin B5: 0.77mg (7.75%), Vitamin A: 359.12IU (7.18%), Vitamin C: 4.46mg (5.41%), Selenium: 2.03µg (2.91%)