

Savory Pumpkin Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



135 min.

SERVINGS



16

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 ounce garbanzo beans drained canned
- ☐ 15 ounce pumpkin puree canned
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 3 cloves garlic
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1 pinch paprika

- ☐ 0.3 cup pumpkin seed kernels toasted to taste
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons tahini

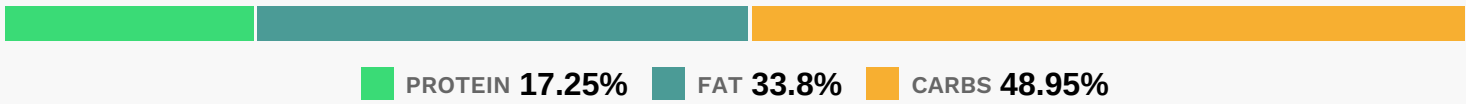
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Pulse lemon juice, tahini, garlic, and salt together in a food processor or blender until smooth.
- ☐ Add garbanzo beans and olive oil and pulse until smooth.
- ☐ Add pumpkin, cumin, and cayenne pepper; process until well blended.
- ☐ Transfer hummus to a container with a lid and refrigerate at least 2 hours.
- ☐ Fold pumpkin seeds into hummus; garnish with paprika.

Nutrition Facts



Properties

Glycemic Index:8.27, Glycemic Load:2.01, Inflammation Score:-10, Nutrition Score:9.001739051031%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg 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, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 78.86kcal (3.94%), Fat: 3.14g (4.83%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 6.93g (2.52%), Sugar: 0.95g (1.06%), Cholesterol: 0mg (0%), Sodium: 259.19mg (11.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin A: 4176.51IU (83.53%), Manganese: 0.54mg (26.76%), Vitamin B6: 0.28mg (14.03%), Fiber: 3.31g (13.23%), Phosphorus: 80.81mg (8.08%), Copper: 0.16mg (7.84%), Magnesium: 28.99mg (7.25%), Iron: 1.3mg (7.21%), Folate: 19.37µg (4.84%), Vitamin K: 4.7µg (4.47%), Potassium: 155.84mg (4.45%), Zinc: 0.59mg (3.95%), Vitamin B1: 0.06mg (3.9%), Calcium: 31.09mg (3.11%),

Selenium: 2µg (2.86%), Vitamin B5: 0.28mg (2.79%), Vitamin C: 2.23mg (2.7%), Vitamin E: 0.4mg (2.69%), Vitamin B3: 0.34mg (1.7%), Vitamin B2: 0.03mg (1.65%)