



## Savory Spiced Carrot Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 can garbanzo beans drained and rinsed organic
- ☐ 1 can carrots drained and rinsed cooked sliced
- ☐ 1 teaspoon curry powder smoked
- ☐ 2 garlic cloves
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon (1 small lemon)
- ☐ 0.3 cup olive oil extra-virgin

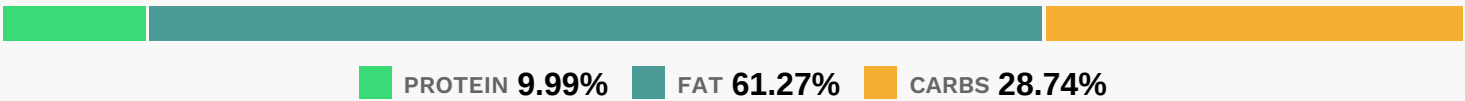
# Equipment

☐ food processor

# Directions

☐ In a food processor, blend together the carrots, garbanzo beans, lemon juice, garlic, paprika, cumin and pepper. While the processor is running, slowly pour in olive oil. Process until smooth.Store leftover hummus in a sealed container for up to 10 days in the refrigerator.

# Nutrition Facts



# Properties

Glycemic Index:21.15, Glycemic Load:2.16, Inflammation Score:-2, Nutrition Score:4.4500000165856%

# Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 112.75kcal (5.64%), Fat: 7.93g (12.2%), Saturated Fat: 1.06g (6.61%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 5.74g (2.09%), Sugar: 0.14g (0.15%), Cholesterol: 0mg (0%), Sodium: 158.19mg (6.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.82%), Manganese: 0.49mg (24.42%), Vitamin B6: 0.28mg (14.25%), Fiber: 2.63g (10.52%), Vitamin E: 1.06mg (7.04%), Iron: 0.89mg (4.94%), Phosphorus: 48.25mg (4.82%), Copper: 0.09mg (4.64%), Magnesium: 16.67mg (4.17%), Vitamin K: 4.35µg (4.14%), Folate: 15.09µg (3.77%), Vitamin A: 154.56IU (3.09%), Zinc: 0.42mg (2.79%), Potassium: 97.23mg (2.78%), Calcium: 23.38mg (2.34%), Vitamin C: 1.76mg (2.13%), Vitamin B5: 0.19mg (1.86%), Selenium: 1.27µg (1.81%), Vitamin B1: 0.02mg (1.48%)