

Shiny Happy Carrot Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce garbanzo beans rinsed drained canned
- 1 cup carrots peeled sliced
- 1 pinch ground pepper
- 2 cloves garlic
- 0.5 tsp ginger paste finely minced (or)
- 0.3 tsp ground coriander
- 2 tbsps juice of lemon fresh
- 0.3 tsp paprika

- 0.5 tsp salt to taste
- 0.5 tbsp tahini
- 0.3 cup water

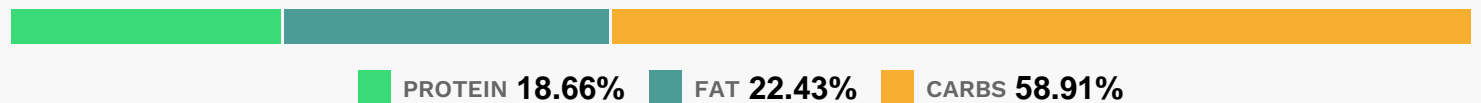
Equipment

- food processor

Directions

- Put the carrots, water, and garlic into the food processor and puree.
- Add the chickpeas, lemon juice, and salt to the processor and puree until smooth. At this point, you can stop and have a very simple, very light hummus. Or add the remaining ingredients and blend well.
- Serve as a dip, a sandwich filling, or a salad dressing.

Nutrition Facts



Properties

Glycemic Index:41.04, Glycemic Load:5.06, Inflammation Score:-10, Nutrition Score:13.094347793123%

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 Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 122.9kcal (6.14%), Fat: 3.21g (4.94%), Saturated Fat: 0.38g (2.35%), Carbohydrates: 18.98g (6.33%), Net Carbohydrates: 13.16g (4.78%), Sugar: 1.74g (1.93%), Cholesterol: 0mg (0%), Sodium: 610.39mg (26.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.03%), Vitamin A: 5444.91IU (108.9%), Manganese: 0.95mg (47.35%), Vitamin B6: 0.58mg (28.78%), Fiber: 5.82g (23.28%), Phosphorus: 114.94mg (11.49%), Copper: 0.22mg (10.89%), Folate: 36.14µg (9.03%), Magnesium: 35.97mg (8.99%), Iron: 1.57mg (8.73%), Potassium: 283.1mg (8.09%), Vitamin C: 5.49mg (6.65%), Zinc: 0.93mg (6.22%), Vitamin B1: 0.09mg (6.04%), Calcium: 55.36mg (5.54%), Selenium: 3.07µg (4.38%), Vitamin B5: 0.43mg (4.28%), Vitamin K: 4.39µg (4.18%), Vitamin B3: 0.59mg (2.97%),

Vitamin B2: 0.04mg (2.46%), Vitamin E: 0.27mg (1.82%)