



Smoky Chipotle Hummus with Garlic Bagel Chips



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce roasted-garlic bagel chips
- ☐ 30 ounce garbanzo beans drained canned (chickpeas)
- ☐ 2.5 teaspoons chipotle chilies canned minced
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 large garlic clove minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 2 tablespoons olive oil
- ☐ 4 ounce pimientos drained sliced in oil
- ☐ 0.3 cup tahini (sesame seed paste)
- ☐ 0.5 cup water

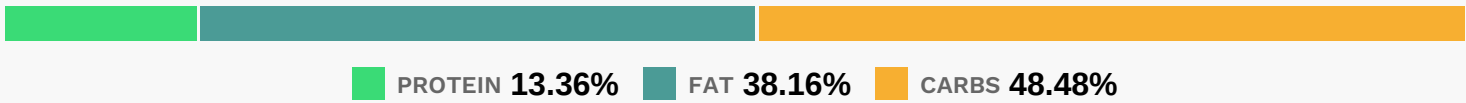
Equipment

- ☐ bowl

Directions

- ☐ Reserve 3 tablespoons garbanzo beans for garnish. Blend remaining garbanzo beans and next 7 ingredients in processor until smooth.
- ☐ Add pimientos; process, using on/off turns, until pimientos are coarsely chopped.
- ☐ Transfer hummus to medium bowl. Stir in cilantro. Season hummus to taste with salt and pepper.
- ☐ Sprinkle with reserved garbanzo beans. (Can be made 1 day ahead. Cover and chill. Bring to room temperature before serving.) Accompany with bagel chips.
- ☐ *Sold at Middle Eastern markets, natural foods stores and some supermarkets.**Chipotle chilies canned in a spicy tomato sauce, sometimes called adobo, are available at Latin American markets, specialty foods stores and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:7.62, Glycemic Load:1.68, Inflammation Score:-2, Nutrition Score:4.5195652583371%

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 Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 151.49kcal (7.57%), Fat: 6.64g (10.22%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 18.99g (6.33%), Net Carbohydrates: 16.03g (5.83%), Sugar: 1.72g (1.91%), Cholesterol: 0mg (0%), Sodium: 309.83mg (13.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Manganese: 0.36mg (18.1%), Fiber: 2.96g (11.84%), Vitamin B6: 0.22mg (11.22%), Iron: 1.54mg (8.58%), Vitamin C: 7.07mg (8.57%), Phosphorus: 60.2mg (6.02%), Copper: 0.12mg (6.02%), Vitamin B1: 0.06mg (4.3%), Magnesium: 15.58mg (3.89%), Folate: 14.6µg (3.65%), Vitamin A: 178.97IU (3.58%), Zinc: 0.46mg (3.05%), Selenium: 1.93µg (2.75%), Potassium: 92.95mg (2.66%), Calcium: 21.68mg (2.17%), Vitamin K: 2.26µg (2.15%), Vitamin E: 0.26mg (1.76%), Vitamin B3: 0.28mg (1.4%), Vitamin B5: 0.13mg (1.33%)