



Smoky Spinach Hummus with Popcorn Chips

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz garbanzo beans drained canned (garbanzo beans)
- 1 cup pkt spinach fresh chopped
- 2 tablespoons juice of lemon
- 2 tablespoons tahini (from 16-oz jar)
- 2 teaspoons paprika smoked spanish
- 1 teaspoon ground cumin
- 0.5 teaspoon salt
- 2 tablespoons bell pepper red chopped

6 oz popped popcorn

Equipment

food processor

Directions

In food processor, place chickpeas, 1/4 cup of the reserved liquid, spinach, lemon juice, tahini paste, paprika, cumin and salt. Cover; process 30 seconds, using quick on-and-off motions; scrape side.

Add additional reserved bean liquid, 1 tablespoon at a time, covering and processing, using quick on-an-off motions, until smooth and desired dipping consistency.

Garnish with bell pepper.

Serve with popcorn snack chips.

Nutrition Facts


PROTEIN 15.29% **FAT 22.69%** **CARBS 62.02%**

Properties

Glycemic Index:15.89, Glycemic Load:7.3, Inflammation Score:-5, Nutrition Score:6.202173953471%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 103.93kcal (5.2%), Fat: 2.76g (4.25%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 13.01g (4.73%), Sugar: 0.3g (0.33%), Cholesterol: 0mg (0%), Sodium: 199.99mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.37%), Manganese: 0.48mg (24.16%), Fiber: 3.96g (15.84%), Vitamin K: 12.6µg (12%), Vitamin B6: 0.21mg (10.6%), Phosphorus: 102.55mg (10.26%), Vitamin A: 484.18IU (9.68%), Magnesium: 35.87mg (8.97%), Iron: 1.26mg (6.98%), Copper: 0.14mg (6.97%), Zinc: 0.84mg (5.58%), Folate: 21.95µg (5.49%), Vitamin B1: 0.07mg (4.76%), Vitamin C: 3.81mg (4.62%), Potassium: 139.53mg (3.99%), Vitamin B3: 0.59mg (2.95%), Selenium: 1.63µg (2.33%), Calcium: 22.03mg (2.2%), Vitamin B5: 0.2mg (1.96%), Vitamin B2:

0.03mg (1.83%), Vitamin E: 0.22mg (1.48%)