



Soybean Hummus

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup edamame green frozen shelled (soybeans)
- 2 tablespoons flat-leaf parsley fresh chopped
- 0.5 teaspoon garlic minced
- 1 teaspoon kosher salt
- 2 tablespoons juice of lemon fresh
- 3 tablespoons olive oil
- 0.1 teaspoon pepper sauce hot
- 6 6-inch pitas cut into 8 wedges ()

0.3 cup water

Equipment

food processor

sauce pan

Directions

Combine soybeans and 1/4 cup water in a small saucepan; bring to a boil. Reduce heat, and simmer 10 minutes.

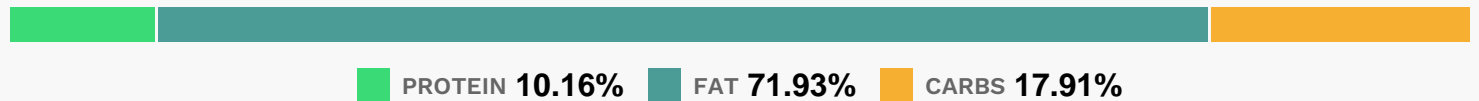
Drain.

Combine soybeans, oil, juice, salt, garlic, and hot pepper sauce in a food processor; process until smooth.

Add parsley, and process until blended.

Serve with pita wedges.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:1.2504347885918%

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 Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 48.3kcal (2.41%), Fat: 3.93g (6.05%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 1.66g (0.6%), Sugar: 0.4g (0.45%), Cholesterol: 0mg (0%), Sodium: 198.31mg (8.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin K: 13.04µg (12.42%), Vitamin E: 0.51mg (3.42%), Vitamin C: 1.92mg (2.33%), Iron: 0.41mg (2.26%), Fiber: 0.54g (2.17%), Potassium: 63.17mg (1.8%), Calcium: 12.2mg (1.22%), Vitamin A: 56.39IU (1.13%)