



Spicy Black Bean Hummus

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 garlic clove peeled
- ☐ 1 teaspoon ground cumin
- ☐ 1 Dash ground pepper red
- ☐ 2 tablespoons jalapeno chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1 Dash pepper red crushed

- ☐ 6 ounce pita chips (such as Stacy's Simply Naked)
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon tahini (roasted sesame seed paste)

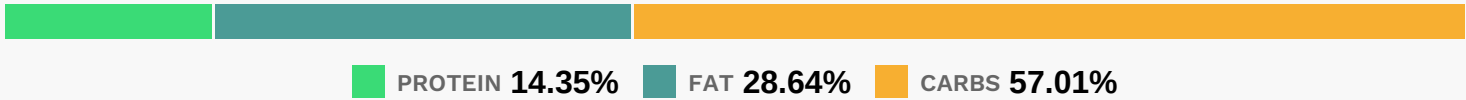
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place garlic in a food processor; process until finely chopped.
- ☐ Add lemon juice, tahini, cumin, salt, black beans, jalapeo pepper, and crushed red pepper; process until smooth. Spoon bean mixture into a medium bowl, and drizzle with extra-virgin olive oil.
- ☐ Sprinkle with ground red pepper.
- ☐ Serve with pita chips.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:7.6591304229653%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 168.96kcal (8.45%), Fat: 5.46g (8.41%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 24.48g (8.16%), Net Carbohydrates: 19.76g (7.18%), Sugar: 1.27g (1.41%), Cholesterol: 0mg (0%), Sodium: 459.89mg (20%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.32%), Fiber: 4.72g (18.89%), Folate: 64.78µg (16.2%), Vitamin B1: 0.23mg (15.21%), Manganese: 0.28mg (14.13%), Iron: 2.26mg (12.57%), Selenium: 8.46µg (12.09%), Vitamin E: 1.77mg

(11.83%), Phosphorus: 101.76mg (10.18%), Vitamin B3: 2mg (10%), Vitamin C: 7.56mg (9.16%), Copper: 0.17mg (8.4%), Vitamin B2: 0.14mg (8%), Magnesium: 30.09mg (7.52%), Potassium: 219.41mg (6.27%), Zinc: 0.6mg (4.02%), Vitamin B6: 0.08mg (3.95%), Calcium: 28.66mg (2.87%), Vitamin B5: 0.22mg (2.23%), Vitamin K: 1.59µg (1.52%), Vitamin A: 56.15IU (1.12%)