



Spicy Carrot Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11.8 oz honey dijon mustard frozen
- 10 oz water refrigerated
- 0.5 teaspoon ground cumin
- 0.5 teaspoon pepper red crushed
- 1 serving parsley fresh chopped
- 1 serving savory vegetable raw

Equipment

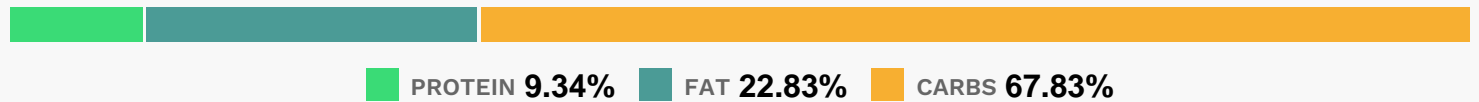
- food processor

blender

Directions

- Cook carrots as directed on bag; cool 10 minutes.
- In food processor or blender, place carrots. Cover; process, stopping occasionally to scrape sides if necessary, until uniform consistency.
- Add hummus, cumin and pepper flakes; process until well blended. Spoon hummus into serving dish. Cover; refrigerate 1 hour to blend flavors.
- Sprinkle with parsley.
- Serve with pita chips or vegetables.

Nutrition Facts



Properties

Glycemic Index:4.4, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:1.6552173939088%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 50.25kcal (2.51%), Fat: 1.17g (1.8%), Saturated Fat: 0.18g (1.1%), Carbohydrates: 7.82g (2.61%), Net Carbohydrates: 6.94g (2.52%), Sugar: 2.79g (3.1%), Cholesterol: 0mg (0%), Sodium: 117.09mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.15%), Manganese: 0.1mg (5.15%), Vitamin A: 223.01IU (4.46%), Fiber: 0.88g (3.54%), Copper: 0.07mg (3.34%), Folate: 11.17µg (2.79%), Vitamin K: 2.78µg (2.65%), Magnesium: 9.59mg (2.4%), Phosphorus: 23.46mg (2.35%), Iron: 0.37mg (2.05%), Vitamin B1: 0.03mg (1.76%), Zinc: 0.24mg (1.59%), Vitamin B6: 0.03mg (1.42%), Potassium: 37.45mg (1.07%)