



HEALTH SCORE

61%

Spicy Carrot Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



24

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



24 servings parsley fresh chopped



0.5 teaspoon ground cumin



11.8 oz honey dijon mustard frozen



10 oz water refrigerated



0.5 teaspoon pepper red crushed



24 servings savory vegetable raw

Equipment



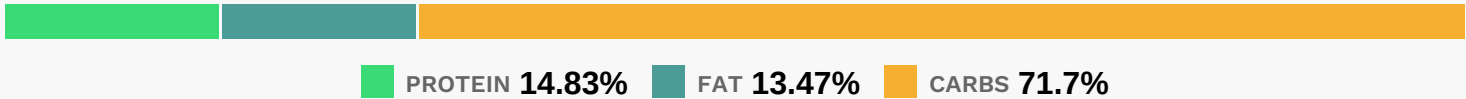
food processor

☐ 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:4.14, Inflammation Score:-10, Nutrition Score:13.060434696467%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 107.44kcal (5.37%), Fat: 1.65g (2.54%), Saturated Fat: 0.27g (1.66%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 15.3g (5.57%), Sugar: 2.83g (3.14%), Cholesterol: 0mg (0%), Sodium: 160.22mg (6.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.19%), Vitamin A: 4974.37IU (99.49%), Vitamin K: 65.65µg (62.52%), Fiber: 4.5g (18%), Vitamin C: 14.79mg (17.92%), Manganese: 0.32mg (16.09%), Folate: 42.29µg (10.57%), Vitamin B1: 0.14mg (9.07%), Magnesium: 32.44mg (8.11%), Iron: 1.44mg (7.98%), Phosphorus: 77.13mg (7.71%), Copper: 0.15mg (7.68%), Potassium: 243.57mg (6.96%), Vitamin B3: 1.27mg (6.34%), Vitamin B6: 0.12mg (5.78%), Vitamin B2: 0.09mg (5.26%), Zinc: 0.67mg (4.48%), Calcium: 33.28mg (3.33%), Vitamin B5: 0.18mg (1.8%)