



Spicy Red Pepper Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



11 min.

SERVINGS



6

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups chickpeas cooked (or 2 15-ounce cans)
- 0.5 tsp cumin
- 3 cloves garlic
- 0.5 juice of lemon
- 6 servings turtle beans (or water)
- 10 ounce roasted peppers red
- 6 servings salt to taste
- 2 tablespoons tahini (omit if cutting fat)

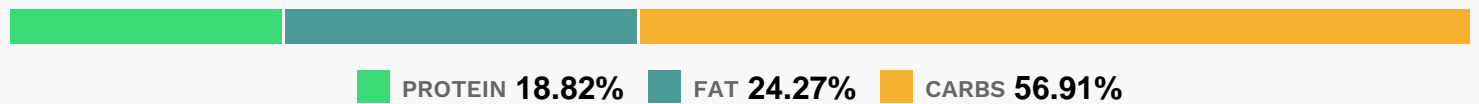
6 servings hot sauce hot to taste

Equipment

Directions

- Add the chickpeas and begin processing.
- Add the lemon juice and tahini. (I used half of a very large yet mild homegrown lemon. For regular lemons, I'd start with half, check the flavor, and add more if needed.) If needed, add 1/4 cup bean cooking liquid or water, just enough so that the chickpeas become a smooth paste.
- Add the cumin, the harrisa, chipotle powder, salt, and half of the roasted red peppers. Process until smooth. Taste for spiciness and add more harrisa as needed.
- Add the remaining roasted red peppers and pulse to coarsely chop. Enjoy as a dip or sandwich filling!

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:4.34, Inflammation Score:-6, Nutrition Score:12.940869735635%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 176.37kcal (8.82%), Fat: 4.97g (7.64%), Saturated Fat: 0.62g (3.86%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 19.11g (6.95%), Sugar: 4.02g (4.47%), Cholesterol: 0mg (0%), Sodium: 851.38mg (37.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.67g (17.34%), Manganese: 0.95mg (47.58%), Folate: 155.07µg (38.77%), Vitamin C: 24.98mg (30.28%), Fiber: 7.11g (28.42%), Copper: 0.44mg (21.89%), Phosphorus: 190.43mg (19.04%), Iron: 3.12mg (17.33%), Vitamin B1: 0.19mg (12.74%), Magnesium: 50.72mg (12.68%), Vitamin B6: 0.23mg (11.31%), Zinc: 1.6mg (10.68%), Potassium: 344.4mg (9.84%), Selenium: 5.12µg (7.31%), Calcium: 71.6mg (7.16%), Vitamin A: 273.75IU (5.47%), Vitamin B3: 0.99mg (4.97%), Vitamin B2: 0.07mg (4.38%), Vitamin K: 3.32µg (3.16%), Vitamin B5: 0.26mg (2.65%), Vitamin E: 0.3mg (1.98%)