



 **91%**  
HEALTH SCORE

## Spicy Three Pepper Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



495 min.

SERVINGS



3

CALORIES



446 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 32 ounce garbanzo beans drained canned
- 1.5 teaspoons cayenne pepper
- 8 cloves garlic minced
- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground pepper black
- 2 slices jalapeno jarred chopped
- 1 teaspoon liquid from the jar of jalapeno peppers
- 0.1 cup juice of lemon

- 2 tablespoons olive oil
- 0.8 teaspoon oregano dried
- 2 tablespoons tahini

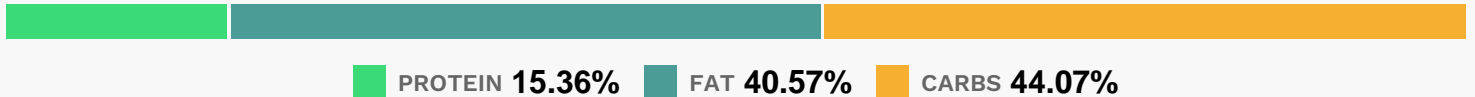
## Equipment

- bowl
- whisk
- stand mixer

## Directions

- In the bowl of a stand mixer, combine the garbanzo beans, olive oil, lemon juice, tahini, garlic, jalapeno, and juice from the jalapeno jar. Season with black pepper, cayenne, cumin and oregano.
- Mix using the whisk attachment on low speed until the ingredients start to blend, then turn the speed to medium, and blend to your desired consistency. Cover and refrigerate overnight to allow the flavors to blend. Make sure your container is sealed well, or your fridge will smell like garlic!

## Nutrition Facts



## Properties

Glycemic Index:69.44, Glycemic Load:12.71, Inflammation Score:-9, Nutrition Score:30.295217451842%

## Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

## Nutrients (% of daily need)

Calories: 446.45kcal (22.32%), Fat: 21.1g (32.47%), Saturated Fat: 2.77g (17.28%), Carbohydrates: 51.57g (17.19%), Net Carbohydrates: 35.27g (12.82%), Sugar: 3.01g (3.34%), Cholesterol: 0mg (0%), Sodium: 848.71mg (36.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.98g (35.96%), Manganese: 2.77mg (138.35%), Vitamin C: 81.09mg (98.29%), Vitamin B6: 1.84mg (91.99%), Fiber: 16.3g (65.22%), Phosphorus: 355.86mg (35.59%), Copper: 0.69mg (34.59%), Iron: 5.03mg (27.93%), Magnesium: 107.67mg (26.92%), Folate: 106.66µg (26.66%), Vitamin E: 3.98mg (26.52%), Vitamin A: 1148.82IU (22.98%), Vitamin K: 21.64µg (20.61%), Potassium: 713.76mg (20.39%), Vitamin B1: 0.31mg (20.37%), Zinc: 2.79mg (18.61%), Selenium: 11.02µg (15.75%), Calcium: 156.57mg (15.66%), Vitamin B5: 1.17mg (11.69%), Vitamin B3: 1.94mg (9.7%), Vitamin B2: 0.12mg (7.32%)