



HEALTH SCORE

91%

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

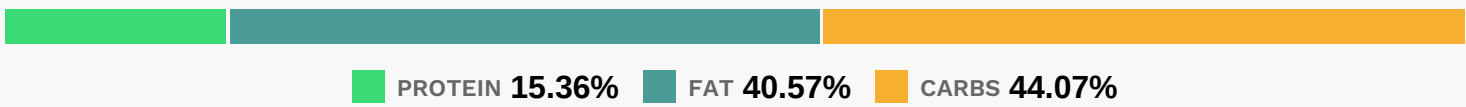
Equipment

- ☐ 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%)