



Spinach and Artichoke Hummus



Gluten Free



Very Healthy



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



334 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 ounce artichoke hearts drained coarsely chopped canned
- ☐ 15 ounce chickpeas drained and rinsed canned
- ☐ 10 ounce pkt spinach frozen thawed drained coarsely chopped
- ☐ 1 clove garlic
- ☐ 2 juice of lemon
- ☐ 4 servings olive oil to taste
- ☐ 0.3 cup parmigiano reggiano grated (parmesan)
- ☐ 4 servings salt and cayenne to taste

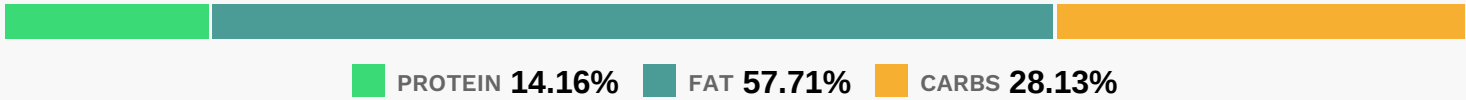
☐ 2 tablespoons tahini

Equipment

Directions

☐ Puree the chickpeas, garlic, tahini, lemon juice and enough oil to get the consistency that you desire. Season with cayenne, salt and pepper and mix in the spinach, artichoke hearts and cheese.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:4.02, Inflammation Score:-10, Nutrition Score:25.791304482714%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 334.09kcal (16.7%), Fat: 22.11g (34.01%), Saturated Fat: 3.77g (23.54%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 15.57g (5.66%), Sugar: 1.66g (1.84%), Cholesterol: 4.25mg (1.42%), Sodium: 1011.45mg (43.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.21g (24.41%), Vitamin K: 272.2µg (259.24%), Vitamin A: 8381.42IU (167.63%), Manganese: 1.38mg (69.23%), Folate: 140.15µg (35.04%), Fiber: 8.67g (34.7%), Vitamin B6: 0.66mg (32.89%), Vitamin E: 4.11mg (27.39%), Magnesium: 92.83mg (23.21%), Phosphorus: 224.75mg (22.47%), Calcium: 215.73mg (21.57%), Copper: 0.39mg (19.61%), Iron: 3.13mg (17.41%), Vitamin B1: 0.23mg (15.16%), Selenium: 10.49µg (14.98%), Potassium: 457.12mg (13.06%), Vitamin C: 10.36mg (12.56%), Vitamin B2: 0.21mg (12.21%), Zinc: 1.67mg (11.1%), Vitamin B3: 0.96mg (4.78%), Vitamin B5: 0.44mg (4.37%), Vitamin B12: 0.08µg (1.25%)