



Split Pea Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



25

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 garlic clove
- ☐ 1 cup peas dried split green
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon salt divided

Equipment

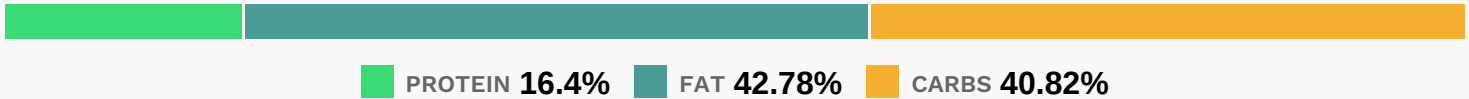
- ☐ food processor

☐ sauce pan

Directions

- ☐ Sort and wash peas. Bring garlic and 3 cups water to a boil in medium saucepan.
- ☐ Add peas; return to a boil. Cover, reduce heat, and simmer 25 minutes. Stir in 1/4 tsp. salt; cook 15 minutes or until tender.
- ☐ Drain.
- ☐ Combine peas, olive oil, next 2 ingredients, and remaining 1/4 tsp. salt in a food processor; pulse 5 to 7 times or until smooth, stopping to scrape down sides as needed.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:1.4, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.0786956509818%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 46.35kcal (2.32%), Fat: 2.26g (3.47%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 2.83g (1.03%), Sugar: 0.65g (0.72%), Cholesterol: 0mg (0%), Sodium: 47.79mg (2.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Fiber: 2.02g (8.06%), Manganese: 0.11mg (5.62%), Folate: 21.72µg (5.43%), Vitamin B1: 0.06mg (3.85%), Copper: 0.07mg (3.45%), Phosphorus: 29.17mg (2.92%), Vitamin K: 2.45µg (2.33%), Magnesium: 9.2mg (2.3%), Potassium: 78.79mg (2.25%), Vitamin E: 0.32mg (2.13%), Iron: 0.38mg (2.1%), Zinc: 0.24mg (1.6%), Vitamin B5: 0.14mg (1.4%), Vitamin B3: 0.23mg (1.15%), Vitamin B2: 0.02mg (1.01%)