



Spooky Black Bean Hummus

 Vegetarian  Vegan  Gluten Free

READY IN



11 min.

SERVINGS



10

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 ounce black beans drained and rinsed canned
- 0.1 teaspoon chipotle sauce to taste
- 1 teaspoon cumin
- 2 cloves garlic
- 3 tablespoons juice of lime (or lemon)
- 0.5 teaspoon salt to taste (or)
- 3 tablespoons vanilla-flavored soy yogurt unsweetened
- 2 tablespoons tahini

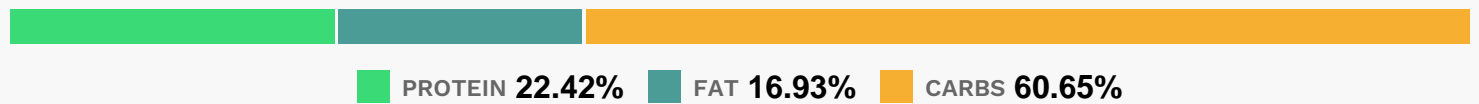
Equipment

- pastry bag

Directions

- Add the black beans, and process until pureed.
- Add the remaining ingredients (use the lesser amounts) and process until smooth. Taste and correct seasonings, adding more as needed. Spoon the hummus into a serving dish, smoothing the top. Using a pastry bag and either soy yogurt or thinned tahini, pipe on the design.
- Place a plastic spider into the web, or make one yourself from black olives. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:6.2086956133337%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 101.05kcal (5.05%), Fat: 1.97g (3.03%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 15.87g (5.29%), Net Carbohydrates: 9.77g (3.55%), Sugar: 0.35g (0.39%), Cholesterol: 0mg (0%), Sodium: 445.07mg (19.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.87g (11.73%), Fiber: 6.1g (24.39%), Folate: 55.31µg (13.83%), Phosphorus: 118.1mg (11.81%), Vitamin B1: 0.17mg (11.36%), Copper: 0.22mg (10.82%), Manganese: 0.22mg (10.8%), Iron: 1.9mg (10.54%), Magnesium: 33.86mg (8.47%), Potassium: 286.99mg (8.2%), Vitamin B2: 0.11mg (6.33%), Vitamin C: 4.56mg (5.53%), Calcium: 43.5mg (4.35%), Zinc: 0.62mg (4.12%), Vitamin B3: 0.72mg (3.58%), Selenium: 2.24µg (3.2%), Vitamin B6: 0.06mg (3.06%), Vitamin B5: 0.17mg (1.66%)