

Sun-dried Tomato and Fennel Seed Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



380 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings pepper black to taste
- 4 servings cayenne pepper to taste
- 0.5 teaspoon fennel seed
- 1.5 cups garbanzo beans cooked
- 1 juice of lemon juiced
- 1 tablespoon maple syrup
- 1 tablespoon nutritional yeast
- 8 oil-packed sun-dried tomatoes

- 2 tablespoons olive oil
- 4 servings salt to taste
- 0.5 cup tahini

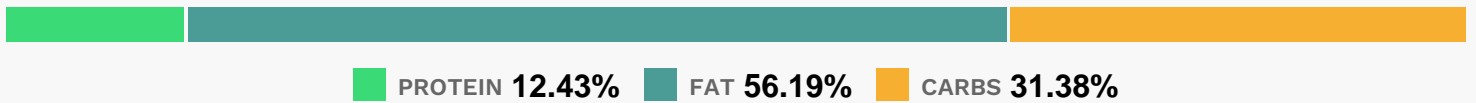
Equipment

- food processor
- bowl

Directions

- Place garbanzo beans, tahini, sun-dried tomatoes, lemon juice, olive oil, and maple syrup in the bowl of a food processor. Blend until smooth.
- Add in fennel seed, nutritional yeast, and onion; blend until smooth. Season to taste with salt, black pepper, and cayenne pepper.

Nutrition Facts



Properties

Glycemic Index:39.06, Glycemic Load:5.09, Inflammation Score:-8, Nutrition Score:17.80826108352%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 380.31kcal (19.02%), Fat: 25.1g (38.61%), Saturated Fat: 3.45g (21.54%), Carbohydrates: 31.54g (10.51%), Net Carbohydrates: 23.8g (8.66%), Sugar: 7.85g (8.72%), Cholesterol: 0mg (0%), Sodium: 214.38mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.97%), Manganese: 0.89mg (44.64%), Vitamin B1: 0.58mg (38.82%), Copper: 0.77mg (38.45%), Phosphorus: 362.4mg (36.24%), Folate: 141.54µg (35.38%), Fiber: 7.74g (30.94%), Iron: 3.84mg (21.35%), Selenium: 13µg (18.58%), Vitamin A: 905.2IU (18.1%), Magnesium: 71.46mg (17.86%), Zinc: 2.51mg (16.71%), Potassium: 556.29mg (15.89%), Vitamin B3: 2.58mg (12.89%), Vitamin E: 1.83mg (12.22%), Vitamin B2: 0.18mg (10.49%), Vitamin B6: 0.2mg (9.88%), Vitamin C: 8.11mg (9.83%), Vitamin K: 10.16µg

(9.68%), Calcium: 89.32mg (8.93%), Vitamin B5: 0.27mg (2.71%)