



## Sweet Potato Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



150 min.

SERVINGS



10

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 12 oz sweet potatoes and into
- 15 oz garbanzo beans rinsed drained canned
- 0.3 cup smooth almond butter
- 0.3 cup juice of lemon fresh
- 3 tablespoons olive oil extra virgin extra-virgin
- 1 small clove garlic halved
- 1.5 teaspoons sea salt fine
- 2 teaspoons paprika smoked

- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 0.3 cup blanched almonds and toasted coarsely chopped
- 2 tablespoons parsley fresh italian coarsely chopped (flat-leaf)
- 1 tablespoon olive oil extra virgin extra-virgin

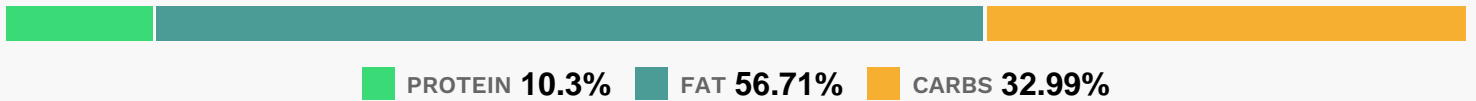
## Equipment

- food processor
- microwave

## Directions

- Prick skin of sweet potato with fork. Microwave on High 6 to 8 minutes or until tender.
- Let cool 15 minutes or until cool enough to handle. Peel and cut up cooked sweet potato.
- To make hummus, place cooked sweet potato and remaining hummus ingredients in large food processor. Cover; process until smooth. If needed, add water 1 tablespoon at a time to desired consistency. Cover and chill at least 2 hours to allow flavors to blend.
- To serve, spoon hummus onto serving platter. Top with almonds, parsley and 1 tablespoon olive oil.
- Serve with flatbread crackers and/or fresh veggies.

## Nutrition Facts



## Properties

Glycemic Index:18.03, Glycemic Load:4.99, Inflammation Score:-10, Nutrition Score:12.751304294752%

## Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin:

0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 177.55kcal (8.88%), Fat: 11.71g (18.02%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 11.19g (4.07%), Sugar: 2.05g (2.28%), Cholesterol: 0mg (0%), Sodium: 488.13mg (21.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.57%), Vitamin A: 5100.34IU (102.01%), Manganese: 0.65mg (32.55%), Vitamin E: 3.29mg (21.92%), Vitamin K: 17.44µg (16.61%), Fiber: 4.14g (16.56%), Vitamin B6: 0.3mg (14.95%), Magnesium: 48.75mg (12.19%), Copper: 0.22mg (10.84%), Phosphorus: 101.27mg (10.13%), Iron: 1.39mg (7.75%), Potassium: 270.5mg (7.73%), Vitamin B2: 0.12mg (6.84%), Calcium: 60.63mg (6.06%), Folate: 21.88µg (5.47%), Vitamin C: 4.44mg (5.38%), Zinc: 0.75mg (4.97%), Vitamin B5: 0.45mg (4.52%), Vitamin B1: 0.05mg (3.63%), Vitamin B3: 0.62mg (3.12%), Selenium: 1.44µg (2.06%)