



White Bean Basil Pesto Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



10

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tsp agave nectar
- ☐ 3.5 cups .5 can cannellini beans drained and rinsed cooked
- ☐ 0.3 tsp ground pepper
- ☐ 0.8 cup basil fresh loosely packed
- ☐ 3 garlic clove
- ☐ 2.5 tbsp juice of lemon freshly squeezed
- ☐ 0.3 cup olive oil plus more for garnish
- ☐ 1 leaves pinenuts fresh with nut allergies, omit the pine nut garnish)

- ☐ 10 servings salt to taste
- ☐ 3 tbsp tahini
- ☐ 1 tbsp water

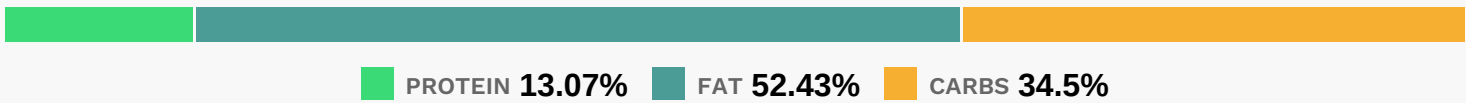
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ White Bean Basil Pesto Hummus
- ☐ Ingredients3–4 garlic cloves3 1/2 cups soaked and cooked cannellini beans or 2 cans (15 oz each) of cannellini beans, drained and rinsed3/4 cup fresh basil leaves, loosely packed1/4 cup olive oil, plus more for garnish3 tbsp tahini paste2 1/2 tbsp freshly squeezed lemon juice1 tbsp water1 tsp honey or agave nectar1/4 tsp cayenne
- ☐ Salt to taste
- ☐ Fresh basil leaves and pine nuts, optional garnish (if serving to guests with nut allergies, omit the pine nut garnish)Crudités, breadsticks, pita and/or crackers for serving
- ☐ You will also need
- ☐ Small saucepan, food processor or blender
- ☐ Total Time: 30 Minutes
- ☐ Servings: 10–12 appetizer portions
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:14.7, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:3.2969565164784%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 125.02kcal (6.25%), Fat: 7.89g (12.14%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 8.39g (3.05%), Sugar: 0.59g (0.65%), Cholesterol: 0mg (0%), Sodium: 330.55mg (14.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.85%), Fiber: 3.29g (13.15%), Vitamin K: 10.98µg (10.46%), Iron: 1.67mg (9.27%), Vitamin E: 0.83mg (5.52%), Vitamin B1: 0.08mg (5.08%), Calcium: 49.28mg (4.93%), Copper: 0.08mg (4.23%), Phosphorus: 38.95mg (3.89%), Vitamin C: 2.4mg (2.91%), Selenium: 1.7µg (2.43%), Vitamin A: 117.02IU (2.34%), Manganese: 0.05mg (2.32%), Folate: 6.7µg (1.67%), Zinc: 0.24mg (1.62%), Magnesium: 6.22mg (1.56%), Vitamin B3: 0.29mg (1.46%), Vitamin B6: 0.03mg (1.26%)