



White Bean & Herb Hummus with Crudites



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup beans white canned rinsed drained
- ☐ 1 tablespoon chives chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 2 teaspoons olive oil
- ☐ 1 serving vegetables raw green red such as chopped broccoli florets, sliced and peppers, and baby carrots assorted

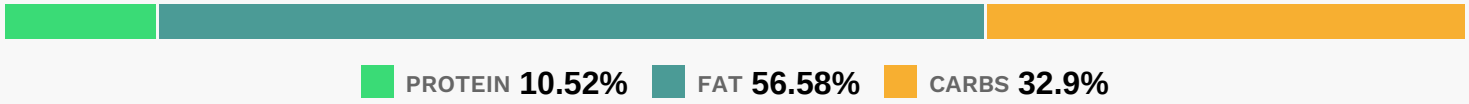
Equipment

- ☐ bowl

Directions

- ☐ Combine beans, chives, lemon juice, and oil in a small bowl. Mash with a fork until smooth.
- ☐ Serve with 1/2 cup raw vegetables, such as cucumbers, carrots, sugar snap peas, bell peppers, broccoli, and grape tomatoes.

Nutrition Facts



Properties

Glycemic Index:108, Glycemic Load:2.31, Inflammation Score:-3, Nutrition Score:4.9782608825227%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 126.28kcal (6.31%), Fat: 8.19g (12.6%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 10.72g (3.57%), Net Carbohydrates: 8.42g (3.06%), Sugar: 0.58g (0.64%), Cholesterol: 0mg (0%), Sodium: 2.97mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Vitamin K: 13.52µg (12.88%), Manganese: 0.25mg (12.28%), Vitamin E: 1.54mg (10.28%), Vitamin C: 8.44mg (10.23%), Fiber: 2.29g (9.18%), Folate: 35.87µg (8.97%), Iron: 1.45mg (8.06%), Potassium: 230.74mg (6.59%), Magnesium: 25.19mg (6.3%), Copper: 0.11mg (5.57%), Phosphorus: 44.32mg (4.43%), Calcium: 36.88mg (3.69%), Zinc: 0.53mg (3.53%), Vitamin B1: 0.05mg (3.31%), Vitamin A: 137.72IU (2.75%), Vitamin B6: 0.05mg (2.32%), Vitamin B2: 0.02mg (1.38%), Vitamin B5: 0.12mg (1.18%), Selenium: 0.78µg (1.12%)