



WHATSheATE



White Bean Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



6

CALORIES



532 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 ounce .5 can cannellini beans dried canned or
- ☐ 2 garlic cloves chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 juice of lemon juiced
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 6 servings salt and pepper
- ☐ 0.5 cup tahini paste

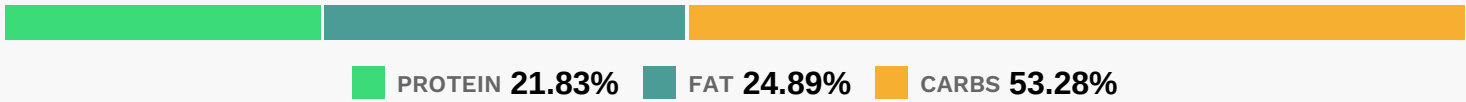
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot

Directions

- ☐ *To cook the dried beans, soak them overnight in plenty of water.
- ☐ Drain, put them in a pot, and cover them with fresh water by 1-inch. Bring them to a boil, lower the heat, and simmer until they are tender, about 30 to 40 minutes.
- ☐ Put the beans into the bowl of a food processor.
- ☐ Add the lemon juice, cumin, garlic, tahini paste, and salt and pepper, to taste. Turn the processor on and slowly pour in the olive oil. Process until smooth and thick.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:0.1, Inflammation Score:-9, Nutrition Score:34.95782623602%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg, Kaempferol: 3.86mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 531.68kcal (26.58%), Fat: 15.26g (23.47%), Saturated Fat: 2.24g (13.99%), Carbohydrates: 73.47g (24.49%), Net Carbohydrates: 55.22g (20.08%), Sugar: 2.54g (2.82%), Cholesterol: 0mg (0%), Sodium: 219.79mg (9.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.11g (60.22%), Folate: 460.65µg (115.16%), Manganese: 2.07mg (103.28%), Fiber: 18.25g (72.99%), Copper: 1.44mg (72.23%), Iron: 12.99mg (72.15%), Potassium: 2142.49mg (61.21%), Magnesium: 236.23mg (59.06%), Vitamin B1: 0.82mg (54.59%), Phosphorus: 502.92mg (50.29%), Zinc: 5.12mg (34.11%), Selenium: 21.56µg (30.8%), Calcium: 305.72mg (30.57%), Vitamin B6: 0.41mg (20.34%), Vitamin B2: 0.19mg (11.32%), Vitamin B3: 1.7mg (8.49%), Vitamin B5: 0.84mg (8.43%), Vitamin K: 8.55µg

(8.15%), Vitamin E: 0.78mg (5.17%), Vitamin C: 3.11mg (3.77%)