

Zucchini Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 clove garlic minced



1 teaspoon ground cumin



2 tablespoons juice of lemon



1 tablespoon olive oil



0.5 teaspoon paprika



1 cup pinto beans rinsed drained



0.5 teaspoon salt



2 tablespoons tahini

☐ 1 zucchini chopped

Equipment

☐ food processor

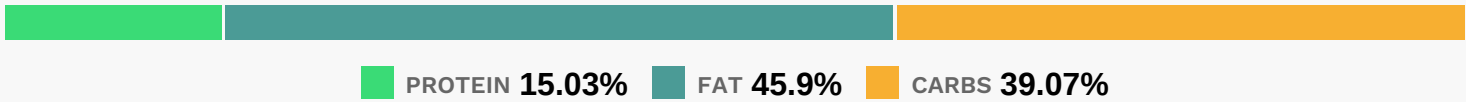
☐ frying pan

Directions

☐ Heat the olive oil in a skillet over medium heat. Stir in the garlic for 30 second, then add zucchini. Cook and stir until zucchini softens.

☐ Place zucchini, pinto beans, lemon juice, tahini, ground cumin, paprika, and salt in a food processor. Process until smooth.

Nutrition Facts



Properties

Glycemic Index:11.06, Glycemic Load:0.99, Inflammation Score:-3, Nutrition Score:4.4721738877504%

Flavonoids

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

Nutrients (% of daily need)

Calories: 75.07kcal (3.75%), Fat: 4.04g (6.21%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 7.73g (2.58%), Net Carbohydrates: 5.3g (1.93%), Sugar: 0.8g (0.89%), Cholesterol: 0mg (0%), Sodium: 149.47mg (6.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.95%), Folate: 47.17µg (11.79%), Fiber: 2.43g (9.74%), Manganese: 0.16mg (7.88%), Vitamin B1: 0.12mg (7.7%), Vitamin C: 6.3mg (7.64%), Phosphorus: 72.87mg (7.29%), Copper: 0.13mg (6.25%), Potassium: 187.09mg (5.35%), Vitamin B6: 0.1mg (5.23%), Iron: 0.92mg (5.09%), Magnesium: 20.12mg (5.03%), Selenium: 2.74µg (3.92%), Vitamin E: 0.53mg (3.55%), Zinc: 0.49mg (3.23%), Vitamin K: 2.98µg (2.83%), Vitamin B2: 0.04mg (2.59%), Vitamin A: 116.51IU (2.33%), Calcium: 22.67mg (2.27%), Vitamin B3: 0.42mg (2.1%), Vitamin B5: 0.11mg (1.05%)