



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



PROTEIN 15.03% **FAT 45.9%** **CARBS 39.07%**

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, 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, 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%)