



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Red Bell Pepper and Hummus ♦♦

Red Bell Pepper and Hummus is a delicious vegetarian recipe that combines the sweetness of red bell peppers with the creaminess of hummus. It is a popular dish that can be enjoyed as a snack or appetizer. The red bell peppers are roasted to bring out their natural flavors, and then blended with chickpeas, tahini, garlic, lemon juice, and olive oil to create a smooth and flavorful hummus. This recipe is easy to make and is perfect for parties or gatherings.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 6

**Serving Size:** 50 g

### Ingredients

200 g	Red Bell Pepper
400 g	Chickpeas
60 g	tahini

<b>2</b>	garlic
<b>cloves</b>	
<b>2 tbsp</b>	Lemon juice
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	Salt
<b>1 tsp</b>	Paprika
<b>1 tsp</b>	Cumin

## Directions

### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Cutting

Cut the red bell pepper into quarters and remove the seeds and stem.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

#### Roasting

Place the red bell pepper quarters on a baking sheet and roast in the preheated oven for 10 minutes, or until the skin is charred and blistered.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

---

### Step 4

#### Cooling

Remove the roasted red bell pepper from the oven and let it cool for a few minutes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 5

#### Peeling

Peel off the charred skin from the red bell pepper quarters and discard.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

### Step 6

#### Blending

In a food processor, combine the roasted red bell pepper, chickpeas, tahini, garlic, lemon juice, olive oil, salt, paprika, and cumin. Process until smooth and creamy.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 7

Serving

Transfer the red bell pepper and hummus mixture to a serving bowl.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 8

Sprinkling

Garnish with a drizzle of olive oil, a sprinkle of paprika, and some chopped fresh parsley, if desired.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 9

Serving

Serve the Red Bell Pepper and Hummus with pita bread, crackers, or fresh vegetables.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 85 kcal

**Fat:** 5 g

**Protein:** 3 g

**Carbohydrates:** 8 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	170 mg	5%	6.54%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Easter Halloween Mother's Day Father's Day Bridal Shower Barbecue  
Picnic Game Day

### Cuisines

Italian French Thai Mediterranean Spanish Middle Eastern

### Nutritional Content

Low Calorie Low Fat Low Carb Low Sodium

### Meal Type

Lunch Snack Supper

### Difficulty Level

Medium

Visit our website: [healthdor.com](http://healthdor.com)