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## Pepper and Hummus Toast <sup>♦♦</sup>

Pepper and Hummus Toast is a delicious and healthy vegan recipe. It is made with toasted bread, creamy hummus, and fresh bell peppers. This recipe is perfect for breakfast or as a light snack. The combination of flavors and textures makes it a satisfying and nutritious meal.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 2

**Serving Size:** 100 g

### Ingredients

4 slices Bread

100 g hummus

100 g Bell peppers

# Directions

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## Step 1

### Toasting

Toast the bread slices until golden brown.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

### Spreading

Spread a generous amount of hummus on each slice of toast.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

### Cutting

Slice the bell peppers into thin strips.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

## Plating

Top each slice of toast with the sliced bell peppers.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 5 g

**Protein:** 7 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	5 g	13.16%	20%
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	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	90 mg	100%	120%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	4 mg	36.36%	50%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Game Day

### Course

Salads

### Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Anti-Inflammatory Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The F-Plan Diet

The Israeli Army Diet

The Air Diet

The Breatharian Diet

### Meal Type

Brunch

Snack

Supper

### Difficulty Level

Medium

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