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Nutribullet Hummus with Veggie Sticks

A delicious and healthy vegetarian hummus recipe made using a Nutribullet blender. The hummus is served with fresh veggie sticks for a nutritious snack or appetizer.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Chickpeas
60 g	tahini
2 cloves	garlic
2 tbsp	Lemon juice
2 tbsp	Olive oil

1 tsp	Salt
200 g	carrot
200 g	cucumber
200 g	celery

Directions

Step 1

Drain and rinse the chickpeas.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

Add the chickpeas, tahini, garlic, lemon juice, olive oil, and salt to a Nutribullet blender.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Blending

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Serve the hummus with carrot sticks, cucumber slices, and celery sticks.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 10 g

Protein: 6 g

Carbohydrates: 17 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	17 g	30.91%	34%
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	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
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	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas Easter Barbecue

Course

Salads Snacks Appetizers Sauces & Dressings

Kitchen Tools

Blender

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Meal Type

Snack

Supper

Difficulty Level

Medium

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