

# Beet Hummus

Yield: 2 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-persian-hummus-recipe>

## Ingredients:

- 1/2 pound beets about 4 medium sized beets, scrubbed clean, cooked, peeled, and cubed\*
- 2 tablespoons sesame seed paste tahini
- 5 tablespoons lemon juice
- 1 clove garlic chopped
- 1 tablespoon ground cumin
- 1 tablespoon lemon zest zest from approx. 2 lemons
- 1 pinch sea salt or Kosher salt
- ground pepper Fresh, to taste

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 24 grams
3. Fat: 9 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 250 milligrams
8. Sugar: 9 grams

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