

Authentic Kicked-Up Syrian Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce garbanzo beans drained canned
- 5 garlic cloves unpeeled
- 1 teaspoon ground cumin
- 0.3 cup juice of lemon fresh
- 1 tablespoon olive oil extra-virgin
- 1 teaspoon salt
- 0.5 cup tahini

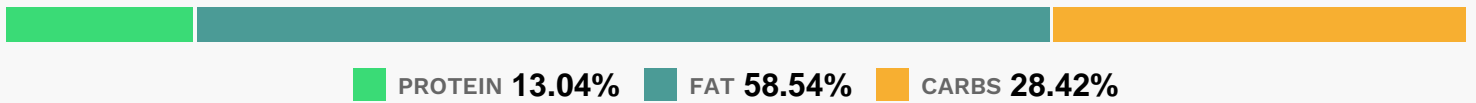
Equipment

- food processor
- bowl
- oven
- aluminum foil

Directions

- Preheat oven to 450 degrees F (230 degrees C).
- Place unpeeled garlic cloves in the middle of a large square of aluminum foil.
- Drizzle cloves with 1 tablespoon of olive oil; wrap in foil. Roast in preheated oven for 10 to 15 minutes until golden brown.
- Remove from the oven, and allow to cool. When slightly cooled, squeeze roasted garlic out of peels.
- Combine roasted garlic, garbanzo beans, tahini, lemon juice, cumin, salt, and the remaining 1 tablespoon olive oil in the work bowl of a food processor. Process until very creamy.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:2.13, Inflammation Score:-3, Nutrition Score:7.3956521879072%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 157.01kcal (7.85%), Fat: 10.83g (16.66%), Saturated Fat: 1.47g (9.21%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 8.69g (3.16%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 444.58mg (19.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.42g (10.85%), Manganese: 0.48mg (23.82%), Vitamin B1: 0.26mg (17.55%), Copper: 0.33mg (16.62%), Phosphorus: 165.95mg (16.6%), Vitamin B6: 0.3mg (15.15%), Fiber: 3.14g (12.56%), Selenium: 6.51µg (9.3%), Iron: 1.53mg (8.53%), Magnesium: 30.6mg (7.65%), Folate: 30.1µg (7.53%), Zinc: 1.1mg (7.33%), Vitamin C: 5.22mg (6.33%), Potassium: 167.93mg (4.8%), Vitamin B3: 0.95mg (4.74%), Calcium: 46.28mg (4.63%), Vitamin E: 0.28mg (1.85%), Vitamin B5: 0.18mg (1.83%), Vitamin B2: 0.03mg (1.79%), Vitamin K:

1.1µg (1.05%)