

Authentic Middle Eastern Hummus (Chummus)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



277 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon olive oil extra virgin for drizzling
- ☐ 3 cups garbanzo beans dry
- ☐ 1 large clove garlic minced to taste
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup juice of lemon fresh to taste
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 8 servings salt to taste

☐ 0.8 cup tahini paste

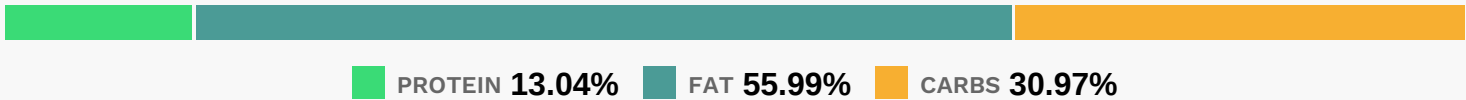
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Rinse the garbanzo beans and and place in a pot. Fill with enough water to cover by at least 1 inch.
- ☐ Add baking soda, if using. Bring to a boil and then simmer over medium heat until the beans are very soft, 1 1/2 to 2 hours.
- ☐ Drain the beans, reserving some of the water to use later. Reserve a small handful of the whole beans for a garnish.
- ☐ Transfer the rest to a blender or if you have a hand blender, a large bowl. Blend the beans until smooth, adding 1/2 cup of olive oil gradually.
- ☐ Add some of the reserved water if needed to help it blend.
- ☐ Add the tahini and blend in along with the lemon juice. Blend in the garlic, cumin and salt.
- ☐ Spread the hummus into a flat serving dish and garnish with the reserved beans and a drizzle of olive oil.

Nutrition Facts



Properties

Glycemic Index:7.59, Glycemic Load:3.18, Inflammation Score:-5, Nutrition Score:12.367826101573%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg
Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 276.57kcal (13.83%), Fat: 18.05g (27.76%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 22.46g (7.49%),
Net Carbohydrates: 16.67g (6.06%), Sugar: 3.15g (3.5%), Cholesterol: 0mg (0%), Sodium: 206.62mg (8.98%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Manganese: 0.65mg (32.47%), Folate: 129.39µg
(32.35%), Copper: 0.58mg (29.17%), Vitamin B1: 0.43mg (28.88%), Phosphorus: 283.5mg (28.35%), Fiber: 5.79g
(23.15%), Iron: 2.98mg (16.54%), Selenium: 10.09µg (14.41%), Zinc: 2mg (13.34%), Magnesium: 52.37mg (13.09%),
Potassium: 296.15mg (8.46%), Vitamin B3: 1.61mg (8.07%), Calcium: 65.49mg (6.55%), Vitamin B6: 0.13mg (6.42%),
Vitamin C: 4.83mg (5.86%), Vitamin E: 0.88mg (5.84%), Vitamin K: 5.16µg (4.91%), Vitamin B2: 0.07mg (4.01%),
Vitamin B5: 0.19mg (1.88%)