



## Barefoot Contessa's Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



7 min.

SERVINGS



12

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

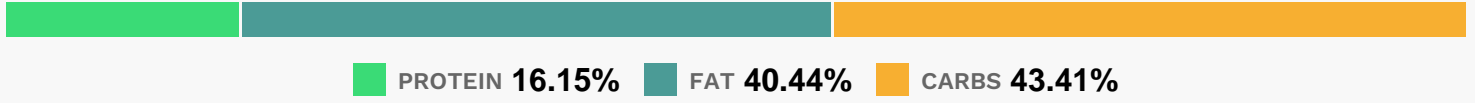
APPETIZER

### Ingredients

- 2 cups chickpeas canned drained
- 4 garlic clove minced
- 1.5 teaspoons kosher salt
- 6 tablespoons juice of lemon fresh (approx 2 lemons)
- 8 dashes all the tabasco sauce you handle
- 0.3 cup tahini (sesame paste)
- 2 tablespoons chickpeas (or liquid from the chickpeas)

# Equipment

## Nutrition Facts



### Properties

Glycemic Index:6.79, Glycemic Load:1.61, Inflammation Score:-2, Nutrition Score:5.0791304347826%

### Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

### Nutrients (% of daily need)

Calories: 91.48kcal (4.57%), Fat: 4.33g (6.66%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 7.83g (2.85%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 297.11mg (12.92%), Protein: 3.89g (7.78%), Manganese: 0.33mg (16.27%), Folate: 59.32µg (14.83%), Copper: 0.22mg (10.83%), Phosphorus: 104.86mg (10.49%), Fiber: 2.62g (10.49%), Vitamin B1: 0.14mg (9.63%), Iron: 1.18mg (6.56%), Magnesium: 21.35mg (5.34%), Zinc: 0.78mg (5.2%), Selenium: 3.55µg (5.07%), Vitamin C: 3.93mg (4.77%), Potassium: 129.2mg (3.69%), Vitamin B6: 0.07mg (3.37%), Vitamin B3: 0.55mg (2.73%), Calcium: 26.45mg (2.64%), Vitamin B2: 0.03mg (1.71%), Vitamin K: 1.21µg (1.15%), Vitamin B5: 0.1mg (1.01%)