



Basic Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce garbanzo beans drained canned
- 2 cloves garlic crushed peeled
- 2 tablespoons olive oil
- 6 servings salt and pepper to taste
- 1 tablespoon sesame seed

Equipment

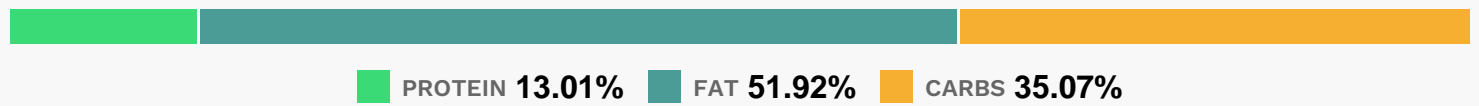
- food processor
- sauce pan

blender

Directions

- In a medium saucepan over medium heat, cook and stir the garlic in olive oil for approximately 3 minutes, until tender.
- Place garbanzo beans in a blender or food processor with approximately 1 teaspoon reserved liquid. Process until smooth.
- Mix in the garlic, sesame seeds, salt and pepper. Blend to desired consistency, increasing the amount of reserved garbanzo bean liquid as desired. Chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:17.56, Glycemic Load:2.75, Inflammation Score:-2, Nutrition Score:5.3347826159519%

Flavonoids

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

Nutrients (% of daily need)

Calories: 112.75kcal (5.64%), Fat: 6.72g (10.33%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 10.2g (3.4%), Net Carbohydrates: 6.91g (2.51%), Sugar: 0.01g (0.02%), Cholesterol: 0mg (0%), Sodium: 391.23mg (17.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.57%), Manganese: 0.63mg (31.49%), Vitamin B6: 0.36mg (17.91%), Fiber: 3.3g (13.19%), Copper: 0.17mg (8.3%), Phosphorus: 66.62mg (6.66%), Iron: 1.11mg (6.17%), Magnesium: 24.07mg (6.02%), Folate: 19.04µg (4.76%), Vitamin E: 0.68mg (4.51%), Zinc: 0.6mg (4.03%), Calcium: 39.78mg (3.98%), Potassium: 112.39mg (3.21%), Selenium: 2.02µg (2.88%), Vitamin K: 2.83µg (2.69%), Vitamin B1: 0.04mg (2.35%), Vitamin B5: 0.22mg (2.19%)