



 5%
HEALTH SCORE

Basic Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 19 oz garbanzo beans drained canned
- 1 tablespoon olive oil
- 1 juice of lemon
- 2 large cloves garlic crushed
- 2 tablespoons tahini
- 2 tablespoons water
- 1 pinch cumin
- 1 pinch salt

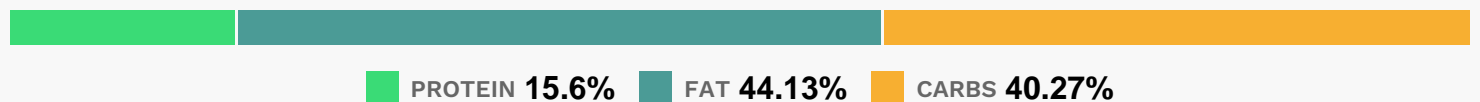
Equipment

- food processor
- bowl

Directions

- Puree the tahini in the food processor for about a minute until it becomes a paste. Then add the olive oil, garlic lemon juice, cumin and salt and pulse until the ingredients are well incorporated.
- Add the chickpeas (skinned or not) in two batches. Wait for the first batch to be completely smooth until the next one is added.
- The taste will vary. If you want the hummus to be smoother it is up to you to add more lemon juice or water to reach your level of smoothness.
- Pour hummus into a bowl.
- Garnish with garbanzo beans in the middle of the bowl, paprika (hot or mild), and add your best extra virgin olive oil on top.
- Serve with warm pita bread (whole wheat preferred).

Nutrition Facts



Properties

Glycemic Index:3.77, Glycemic Load:1.02, Inflammation Score:-1, Nutrition Score:2.1104347826087%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Taste

Sweetness: 5.59%, Saltiness: 13.32%, Sourness: 70.9%, Bitterness: 56.47%, Savoriness: 5.81%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 39.56kcal (1.98%), Fat: 2.03g (3.12%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 2.89g (1.05%), Sugar: 0.04g (0.05%), Cholesterol: 0mg (0%), Sodium: 77.5mg (3.37%), Protein: 1.61g (3.22%), Manganese: 0.23mg (11.28%), Vitamin B6: 0.13mg (6.7%), Fiber: 1.27g (5.07%), Phosphorus: 34mg (3.4%), Copper: 0.07mg (3.34%), Iron: 0.41mg (2.28%), Vitamin B1: 0.03mg (2.23%), Magnesium: 8.9mg (2.22%), Folate: 8.51µg (2.13%), Zinc: 0.26mg (1.73%), Selenium: 1.1µg (1.57%), Potassium: 48.51mg (1.39%), Calcium: 12.27mg (1.23%)