



Basil and Pesto Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon balsamic vinegar
- 0.5 cup basil leaves
- 16 ounce garbanzo beans drained and rinsed (chickpeas)
- 1 clove garlic
- 10 servings salt and ground pepper black to taste
- 1 tablespoon olive oil
- 0.5 teaspoon soya sauce

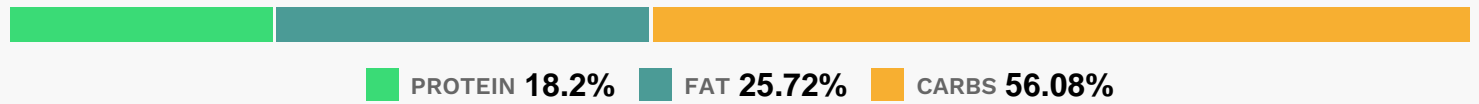
Equipment

- food processor
- bowl
- spatula

Directions

- Combine the garbanzo beans, basil, and garlic in a food processor; pulse several times. Use a spatula to push mixture from sides of processor bowl. Pulse the mixture again while drizzling in the olive oil.
- Add the vinegar and soy sauce; pulse until combined. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:22.27, Glycemic Load:2.39, Inflammation Score:-3, Nutrition Score:5.4817391530327%

Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 88.14kcal (4.41%), Fat: 2.59g (3.98%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 9.19g (3.34%), Sugar: 2.23g (2.47%), Cholesterol: 0mg (0%), Sodium: 20.14mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Manganese: 0.5mg (25.03%), Folate: 78.91µg (19.73%), Fiber: 3.5g (14%), Copper: 0.17mg (8.35%), Phosphorus: 77.93mg (7.79%), Iron: 1.38mg (7.67%), Vitamin K: 7.81µg (7.43%), Magnesium: 22.94mg (5.73%), Zinc: 0.71mg (4.73%), Potassium: 139mg (3.97%), Vitamin B1: 0.05mg (3.59%), Vitamin B6: 0.07mg (3.48%), Calcium: 25.48mg (2.55%), Selenium: 1.73µg (2.47%), Vitamin E: 0.37mg (2.47%), Vitamin B2: 0.03mg (1.79%), Vitamin A: 76.12IU (1.52%), Vitamin B5: 0.14mg (1.37%), Vitamin B3: 0.26mg (1.32%), Vitamin C: 0.9mg (1.09%)