



Basil Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



3

CALORIES



500 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup pinenuts
- ☐ 2 cups basil leaves sweet packed
- ☐ 3 cloves garlic minced smashed
- ☐ 30 ounce garbanzo beans rinsed canned drained (chickpeas)
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 cup up water
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1.5 teaspoons salt

- ☐ 1 dashes several tabasco
- ☐ 1 teaspoon tomato paste

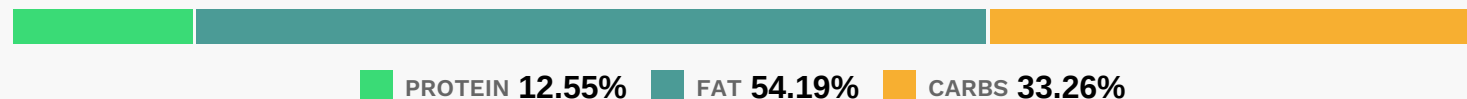
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the pine nuts in a small skillet on medium high heat. Stir them when they start to brown. When most of them have lightly browned, remove them from the pan into a bowl to cool. (Reserve a few pine nuts for garnish.)
- ☐ Process ingredients in food processor: In the bowl of a food processor, place the basil leaves and the garlic. Pulse until finely chopped.
- ☐ Add the rinsed and drained garbanzo beans, most of the pine nuts, olive oil, lemon juice, salt, tomato paste, and a few dashes of Tabasco.
- ☐ Pulse several times, for several seconds each time, until the hummus is smooth.
- ☐ Add more Tabasco and salt or lemon juice to taste.
- ☐ Add water to the point of desired consistency.
- ☐ Serve: To serve, place in a bowl and drizzle a little olive oil over it.
- ☐ Sprinkle with a few toasted pine nuts.
- ☐ Serve with pita wedges, crackers, or rustic bread.

Nutrition Facts



Properties

Glycemic Index:61.78, Glycemic Load:10.92, Inflammation Score:-8, Nutrition Score:26.151304265727%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg, Hesperetin: 3.92mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 500.07kcal (25%), Fat: 31.42g (48.33%), Saturated Fat: 3.64g (22.72%), Carbohydrates: 43.38g (14.46%), Net Carbohydrates: 30.01g (10.91%), Sugar: 1.41g (1.57%), Cholesterol: 0mg (0%), Sodium: 1973.49mg (85.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.37g (32.73%), Manganese: 3.56mg (177.77%), Vitamin K: 83.58µg (79.6%), Vitamin B6: 1.43mg (71.52%), Fiber: 13.37g (53.49%), Copper: 0.68mg (33.9%), Phosphorus: 308.87mg (30.89%), Magnesium: 119.06mg (29.76%), Iron: 4.86mg (27%), Vitamin E: 3.9mg (25.99%), Folate: 91.33µg (22.83%), Zinc: 2.88mg (19.22%), Vitamin A: 922.24IU (18.44%), Vitamin C: 15.14mg (18.36%), Potassium: 583.3mg (16.67%), Calcium: 140.39mg (14.04%), Vitamin B1: 0.15mg (10.06%), Vitamin B5: 0.97mg (9.73%), Selenium: 6.36µg (9.08%), Vitamin B3: 1.11mg (5.57%), Vitamin B2: 0.09mg (5.33%)