



Basil's Traditional Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



335 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 ounce garbanzo beans drained canned
- ☐ 3 cloves garlic peeled
- ☐ 3 juice of lemon juiced
- ☐ 0.3 cup olive oil
- ☐ 8 servings salt to taste
- ☐ 1 cup tahini

Equipment

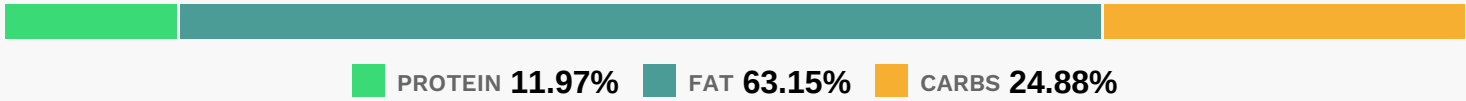
- ☐ food processor

bowl

Directions

- Place garlic in a food processor and chop thoroughly.
- Add garbanzo beans and blend into a paste.
- Pour in 1 cup olive oil, tahini, lemon juice, and salt. Blend until smooth and creamy.
- Place hummus in a bowl and top with 1/4 cup olive oil.

Nutrition Facts



Properties

Glycemic Index:8.79, Glycemic Load:4, Inflammation Score:-4, Nutrition Score:14.118695725565%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 334.97kcal (16.75%), Fat: 24.76g (38.09%), Saturated Fat: 3.38g (21.13%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 15.79g (5.74%), Sugar: 0.29g (0.33%), Cholesterol: 0mg (0%), Sodium: 500.27mg (21.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.56g (21.12%), Manganese: 0.89mg (44.51%), Vitamin B1: 0.52mg (34.4%), Copper: 0.65mg (32.55%), Phosphorus: 324.67mg (32.47%), Vitamin B6: 0.57mg (28.35%), Fiber: 6.14g (24.58%), Selenium: 12.62µg (18.03%), Iron: 2.7mg (15.01%), Folate: 58.26µg (14.57%), Magnesium: 58.17mg (14.54%), Zinc: 2.14mg (14.26%), Vitamin B3: 1.85mg (9.24%), Potassium: 306.99mg (8.77%), Calcium: 82.41mg (8.24%), Vitamin C: 6.07mg (7.36%), Vitamin E: 0.99mg (6.6%), Vitamin K: 4.08µg (3.89%), Vitamin B5: 0.34mg (3.39%), Vitamin B2: 0.05mg (3.23%)