

Best Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce garbanzo beans drained canned (chickpeas)
- 1 sprig parsley fresh chopped
- 3 cloves garlic crushed
- 1 tablespoon juice of lemon fresh
- 2 tablespoons olive oil
- 1 pinch paprika
- 3 tablespoons tahini
- 0.3 cup water

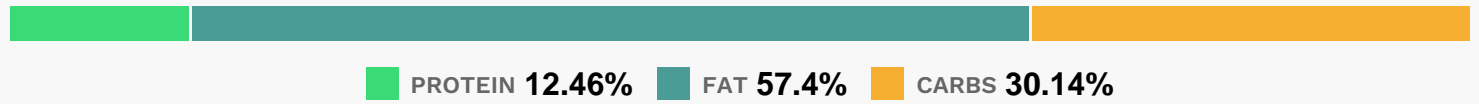
Equipment

- food processor
- bowl

Directions

- Place garbanzo beans, tahini, olive oil, lemon juice, water, garlic, and cumin into a food processor and process until smooth, about 1 minute.
- Transfer to a bowl and sprinkle top of hummus with paprika and fresh parsley.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:2.06, Inflammation Score:-2, Nutrition Score:5.0695652313854%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 113.19kcal (5.66%), Fat: 7.53g (11.59%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 6.26g (2.27%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 150.47mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.36%), Manganese: 0.45mg (22.71%), Vitamin B6: 0.28mg (13.75%), Fiber: 2.64g (10.56%), Phosphorus: 88.94mg (8.89%), Copper: 0.18mg (8.85%), Vitamin B1: 0.11mg (7.29%), Iron: 0.95mg (5.29%), Magnesium: 20.25mg (5.06%), Folate: 19.41µg (4.85%), Selenium: 3.16µg (4.52%), Zinc: 0.64mg (4.29%), Vitamin K: 4.19µg (3.99%), Vitamin E: 0.51mg (3.42%), Potassium: 109.82mg (3.14%), Calcium: 29.14mg (2.91%), Vitamin B3: 0.4mg (1.99%), Vitamin C: 1.53mg (1.86%), Vitamin B5: 0.17mg (1.69%)