



Black Bean and Chickpea Hummus

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup black beans canned drained
- 1 cup garbanzo beans canned drained (chickpeas)
- 1.5 teaspoons curry powder
- 1 clove garlic roughly chopped
- 2 tablespoons juice of lemon fresh
- 1 tablespoon olive oil
- 2 tablespoons nonfat yogurt plain
- 8 servings salt and pepper to taste

2 tablespoons water

Equipment

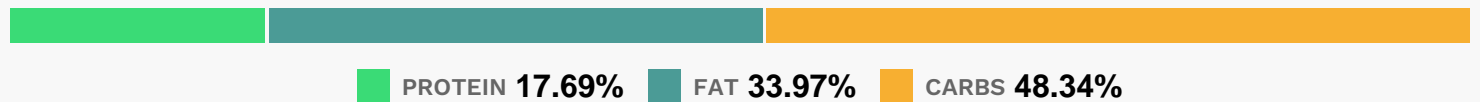
bowl

blender

Directions

Place black beans, garbanzo beans, olive oil, lemon juice, yogurt, water, and garlic into the bowl of a blender. Season with curry powder, salt, and pepper. Cover and puree until smooth. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:0.79, Inflammation Score:-1, Nutrition Score:3.2604347506295%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 58.48kcal (2.92%), Fat: 2.28g (3.51%), Saturated Fat: 0.32g (1.97%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 4.78g (1.74%), Sugar: 0.49g (0.55%), Cholesterol: 0.1mg (0.03%), Sodium: 337.71mg (14.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Manganese: 0.24mg (12.07%), Fiber: 2.53g (10.12%), Vitamin B6: 0.12mg (6.11%), Folate: 20.18µg (5.04%), Phosphorus: 49.65mg (4.97%), Iron: 0.8mg (4.43%), Copper: 0.08mg (3.95%), Magnesium: 15.32mg (3.83%), Potassium: 119.7mg (3.42%), Vitamin B1: 0.04mg (2.78%), Calcium: 27.6mg (2.76%), Vitamin C: 2.26mg (2.74%), Vitamin B2: 0.04mg (2.51%), Vitamin E: 0.34mg (2.27%), Zinc: 0.33mg (2.19%), Selenium: 0.99µg (1.42%), Vitamin B5: 0.14mg (1.4%), Vitamin K: 1.44µg (1.38%)