



 2%  
HEALTH SCORE

## Buffalo Wing Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 Tablespoons barbecue sauce
- 1.5 cup garbanzo beans canned
- 0.3 teaspoons celery salt
- 1 clove garlic
- 3 Tablespoons hot sauce (try 2 Tbsp. First To Check Spice Factor)
- 2 Tablespoons juice of lemon fresh
- 0.8 teaspoons paprika
- 0.5 Tablespoons vinegar white

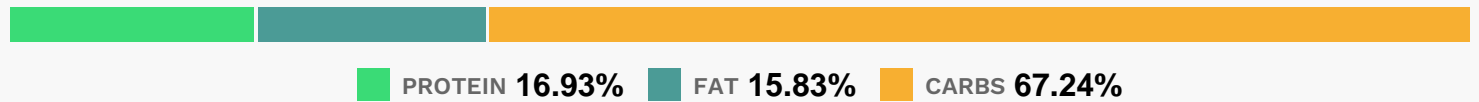
# Equipment

food processor

# Directions

Put the chickpeas, chickpea liquid, garlic, lemon juice, paprika, celery salt, barbecue sauce, hot sauce, and vinegar in a food processor. Puree until smooth and creamy.

# Nutrition Facts



# Properties

Glycemic Index:16.92, Glycemic Load:1.17, Inflammation Score:-2, Nutrition Score:2.6060869565217%

# 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

# Nutrients (% of daily need)

Calories: 37.21kcal (1.86%), Fat: 0.68g (1.05%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 5.01g (1.82%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 332.31mg (14.45%), Protein: 1.64g (3.27%), Manganese: 0.27mg (13.49%), Vitamin B6: 0.17mg (8.34%), Vitamin C: 5.27mg (6.39%), Fiber: 1.49g (5.97%), Phosphorus: 27.51mg (2.75%), Copper: 0.05mg (2.74%), Iron: 0.48mg (2.66%), Magnesium: 9.78mg (2.44%), Vitamin A: 114.92IU (2.3%), Folate: 8.92µg (2.23%), Potassium: 71.13mg (2.03%), Zinc: 0.24mg (1.6%), Calcium: 14.03mg (1.4%), Vitamin B5: 0.12mg (1.16%), Selenium: 0.75µg (1.07%)