 **8%**  
HEALTH SCORE

## Cilantro Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 15 oz garbanzo beans drained and rinsed canned
- 1 Tbsp tahini
- 2 Tbsp juice of lemon
- 2 garlic clove minced
- 0.3 tsp salt (I used a little less)
- 1 pinch ground pepper
- 0.3 c water (more or less depending on texture you want)
- 1 Tbsp olive oil (more or less depending on texture you want)

0.3 c cilantro leaves for garnish ( depending on preference)

## Equipment

food processor

bowl

## Directions

In your food processor, add the garbanzo beans, tahini, lemon juice, garlic, salt and cayenne. Turn on and pulse until mixture is fairly smooth.

Start processor running steady and slowly pour in the water, stopping to test the texture, then adding more water if you'd like.

Again, with motor running, slowly pour in the olive oil, adding more if you'd like.

Stop processor, taste and adjust seasonings, pulse and repeat taste testing until you have it the way you like it.

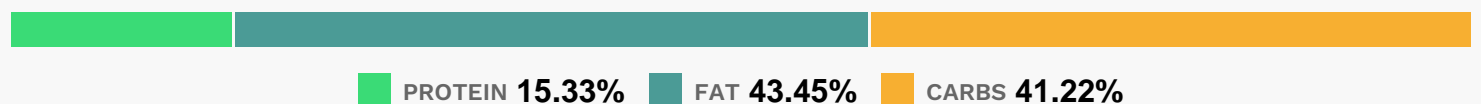
Add cilantro and pulse a few times.

Spoon out into a bowl and garnish with a drizzle of olive oil and cilantro if desired.

Serve immediately, or cover and refrigerate.

Serve as a dip, spread or however you'd like!

## Nutrition Facts



## Properties

Glycemic Index:16.79, Glycemic Load:2.02, Inflammation Score:-2, Nutrition Score:4.1391304347826%

## 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: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

## Taste

Sweetness: 9.47%, Saltiness: 28.06%, Sourness: 96.2%, Bitterness: 84.05%, Savoriness: 8.97%, Fattiness: 100%, Spiciness: 100%

## **Nutrients (% of daily need)**

Calories: 75.44kcal (3.77%), Fat: 3.8g (5.84%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 8.11g (2.7%), Net Carbohydrates: 5.63g (2.05%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 221.9mg (9.65%), Protein: 3.01g (6.03%), Manganese: 0.45mg (22.52%), Vitamin B6: 0.27mg (13.32%), Fiber: 2.47g (9.89%), Phosphorus: 59.06mg (5.91%), Copper: 0.12mg (5.84%), Iron: 0.77mg (4.29%), Magnesium: 16.77mg (4.19%), Folate: 16.22µg (4.06%), Vitamin B1: 0.05mg (3.31%), Zinc: 0.47mg (3.12%), Potassium: 94.91mg (2.71%), Selenium: 1.82µg (2.61%), Vitamin K: 2.63µg (2.5%), Vitamin C: 1.96mg (2.38%), Calcium: 23.47mg (2.35%), Vitamin E: 0.27mg (1.83%), Vitamin B5: 0.17mg (1.71%)