



HEALTH SCORE

53%

Classic Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



130 min.

SERVINGS



10

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 pinch ground pepper



0.8 tsp cumin



1 tbsp olive oil extra virgin plus more for garnish



10 servings purple gel food coloring



1.5 cups chickpeas dry cooked



30 oz chickpeas drained and rinsed cooked canned



8 roasted garlic to taste



0.3 cup juice of lemon fresh to taste

- ☐ 0.5 tsp salt to taste ()
- ☐ 0.3 cup tahini

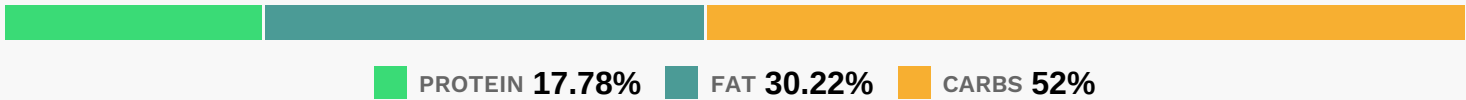
Equipment

- ☐ food processor

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Classic Hummus
- ☐ Ingredients3 1/2 cups soaked and cooked chickpeas/garbanzo beans (1 1/2 cups dry) OR2 cans chickpeas/garbanzo beans (15 oz. each), drained and rinsed – I prefer cooked beans1/3 cup tahini paste8 roasted garlic cloves, or more to taste1/4 cup fresh lemon juice, or more to taste1 tbsp extra virgin olive oil, plus more for garnish3/4 tsp cumin1/2 tsp salt (or more to taste)Pinch of cayenne pepper
- ☐ Paprika and fresh minced parsley for garnish (optional)You will also need
- ☐ Food processor
- ☐ Prep Time: 05 – 2 Hours
- ☐ Cook Time: 5 Minutes
- ☐ Total Time: 10 – 2 Hours 10 Minutes
- ☐ Servings: 10–12 appetizer portions
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:11.85, Glycemic Load:5.82, Inflammation Score:-6, Nutrition Score:14.320869438026%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 245.07kcal (12.25%), Fat: 8.54g (13.14%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 33.07g (11.02%), Net Carbohydrates: 24.28g (8.83%), Sugar: 5.45g (6.05%), Cholesterol: 0mg (0%), Sodium: 127.5mg (5.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.31g (22.62%), Manganese: 1.18mg (58.79%), Folate: 197.75µg (49.44%), Fiber: 8.8g (35.19%), Copper: 0.52mg (26.22%), Phosphorus: 252.35mg (25.23%), Iron: 3.68mg (20.43%), Vitamin B1: 0.26mg (17.44%), Magnesium: 61.76mg (15.44%), Zinc: 2.09mg (13.91%), Potassium: 374.63mg (10.7%), Selenium: 7.16µg (10.24%), Vitamin B6: 0.2mg (9.89%), Calcium: 71.22mg (7.12%), Vitamin C: 4.89mg (5.93%), Vitamin B3: 1.06mg (5.29%), Vitamin K: 5.29µg (5.03%), Vitamin B2: 0.08mg (4.87%), Vitamin E: 0.6mg (4.03%), Vitamin B5: 0.34mg (3.36%)