



 **53%**
HEALTH SCORE

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

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Classic Hummus

Ingredients 3 1/2 cups soaked and cooked chickpeas/garbanzo beans (1 1/2 cups dry) OR 2 cans chickpeas/garbanzo beans (15 oz. each), drained and rinsed – I prefer cooked beans 1/3 cup tahini paste 8 roasted garlic cloves, or more to taste 1/4 cup fresh lemon juice, or more to taste 1 tbsp extra virgin olive oil, plus more for garnish 3/4 tsp cumin 1/2 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



PROTEIN 17.78% FAT 30.22% CARBS 52%

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%)