

STARTER & SNACK

Cumin Curried Hummus

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.24	79 kcal



Cumin Curried Hummus might be a good recipe to expand your hor d'oeuvre repertoire. This recipe serves 12. For 24 cents per serving, this recipe covers 5% of your daily requirements of vitamins and minerals. Watching your figure?

Ingredients

- ☐ 31 ounce chickpeas (garbanzo beans), rinsed and drained
canned
- ☐ 1 tablespoon curry powder
- ☐ 3 tablespoons fresh lemon juice
- ☐ ¾ teaspoon salt
- ☐ ½ teaspoon cumin seeds
- ☐ 3 garlic cloves, chopped
- ☐ 1 tablespoon olive oil
- ☐ ½ cup water

EQUIPMENT Food processor, Frying pan

Method

- 1 Heat oil in a small skillet over medium heat.
- 2 Add garlic; cook 30 seconds, stirring constantly.
- 3 Add curry and cumin; cook 30 seconds or until fragrant, stirring constantly.
- 4 Place garlic mixture, water, and remaining ingredients in a food processor; process until smooth.

Nutrition per serving

79
KCAL

4 g
PROTEIN

3 g
FAT

11 g
CARBS

Saturated Fat	0.3 g · 2% of daily needs
Fibre	3.4 g · 14% of daily needs
Sugar	0.1 g · 0% of daily needs
Sodium	350 mg · 15% of daily needs
Cholesterol	0 mg · 0% of daily needs
Vitamin C	1.8 mg · 2% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/cumin-curried-hummus-148511