

Curried Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 31 ounce chick peas rinsed drained canned garbanzo beans
- ☐ 4 teaspoons curry powder
- ☐ 3 garlic cloves crushed
- ☐ 8 servings hot sauce to taste
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 8 servings salt to taste
- ☐ 0.5 cup water

Equipment

☐ food processor

Directions

- ☐ Put all ingredients in a food processor and blend until smooth.
- ☐ Serve (drizzled with olive oil, if desired) with pita chips.

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:4.14, Inflammation Score:-3, Nutrition Score:7.9582608704982%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 135.02kcal (6.75%), Fat: 5.81g (8.94%), Saturated Fat: 0.74g (4.59%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 11.33g (4.12%), Sugar: 0.32g (0.36%), Cholesterol: 0mg (0%), Sodium: 503.46mg (21.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.29%), Manganese: 0.96mg (48.11%), Vitamin B6: 0.55mg (27.52%), Fiber: 5.22g (20.89%), Iron: 1.7mg (9.43%), Phosphorus: 94.01mg (9.4%), Copper: 0.18mg (9.2%), Magnesium: 33.31mg (8.33%), Folate: 31.29µg (7.82%), Vitamin C: 5mg (6.06%), Zinc: 0.82mg (5.46%), Potassium: 189.94mg (5.43%), Vitamin E: 0.74mg (4.95%), Calcium: 46.55mg (4.65%), Selenium: 2.54µg (3.63%), Vitamin B5: 0.35mg (3.5%), Vitamin K: 3.13µg (2.98%), Vitamin B1: 0.04mg (2.84%), Vitamin B2: 0.02mg (1.31%)