



Detoxifying Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



20

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce garbanzo beans canned
- 1 cup cilantro leaves raw with stems,) packed
- 3 tablespoons olive oil extra virgin (roughly)
- 3 garlic clove peeled
- 1 teaspoon sea salt

Equipment

Nutrition Facts

PROTEIN 11.46% FAT 56.59% CARBS 31.95%

Properties

Glycemic Index:5.12, Glycemic Load:0.88, Inflammation Score:-1, Nutrition Score:1.8026086956522%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 39.38kcal (1.97%), Fat: 2.55g (3.92%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.21g (0.8%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 179.81mg (7.82%), Protein: 1.16g (2.32%), Manganese: 0.2mg (9.84%), Vitamin B6: 0.11mg (5.7%), Fiber: 1.03g (4.12%), Vitamin K: 3.75µg (3.57%), Vitamin E: 0.32mg (2.15%), Phosphorus: 19.22mg (1.92%), Copper: 0.04mg (1.9%), Iron: 0.31mg (1.74%), Magnesium: 6.45mg (1.61%), Folate: 6.18µg (1.54%), Vitamin A: 57.43IU (1.15%), Zinc: 0.17mg (1.11%), Potassium: 38.68mg (1.11%)