

Easy Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce garbanzo beans drained canned
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 ounces jalapeno fresh sliced
- ☐ 2 tablespoons juice of lemon

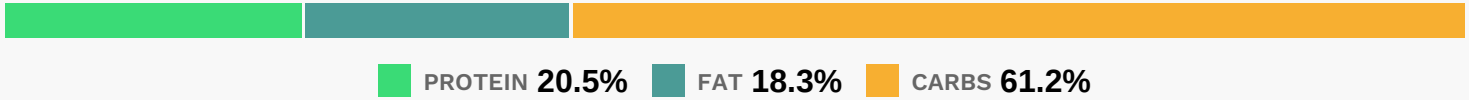
Equipment

- ☐ food processor
- ☐ blender

Directions

☐ In a blender or food processor, combine garbanzo beans, jalapeno, cumin, lemon juice, garlic and 1 tablespoon of the reserved bean liquid. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:13.42, Glycemic Load:2.14, Inflammation Score:-2, Nutrition Score:4.4469565204952%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 51.8kcal (2.59%), Fat: 1.11g (1.7%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 8.32g (2.77%), Net Carbohydrates: 5.73g (2.08%), Sugar: 0.4g (0.45%), Cholesterol: 0mg (0%), Sodium: 148.42mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.57%), Manganese: 0.47mg (23.26%), Vitamin B6: 0.3mg (14.87%), Vitamin C: 10.27mg (12.45%), Fiber: 2.59g (10.34%), Phosphorus: 47.01mg (4.7%), Copper: 0.09mg (4.48%), Iron: 0.78mg (4.31%), Magnesium: 16.38mg (4.09%), Folate: 16µg (4%), Potassium: 104.73mg (2.99%), Zinc: 0.4mg (2.65%), Calcium: 22.88mg (2.29%), Vitamin B5: 0.19mg (1.93%), Selenium: 1.26µg (1.8%), Vitamin E: 0.26mg (1.76%), Vitamin A: 86.29IU (1.73%), Vitamin B1: 0.02mg (1.59%), Vitamin K: 1.34µg (1.27%)