



Extra Easy Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce garbanzo beans drained canned
- ☐ 1 clove garlic crushed
- ☐ 2 teaspoons ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt

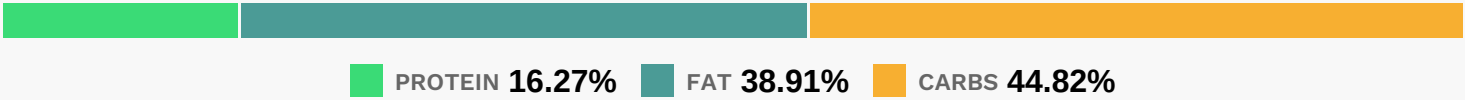
Equipment

- ☐ food processor
- ☐ blender

Directions

☐ In a blender or food processor combine garbanzo beans, garlic, cumin, salt and olive oil. Blend on low speed, gradually adding reserved bean liquid, until desired consistency is achieved.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:3.98, Inflammation Score:-2, Nutrition Score:7.2947826540988%

Flavonoids

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

Nutrients (% of daily need)

Calories: 129.36kcal (6.47%), Fat: 5.8g (8.92%), Saturated Fat: 0.72g (4.47%), Carbohydrates: 15.03g (5.01%), Net Carbohydrates: 10.23g (3.72%), Sugar: 0.03g (0.03%), Cholesterol: 0mg (0%), Sodium: 588.11mg (25.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.91%), Manganese: 0.92mg (45.81%), Vitamin B6: 0.52mg (25.82%), Fiber: 4.8g (19.19%), Iron: 2.01mg (11.14%), Phosphorus: 91.19mg (9.12%), Copper: 0.17mg (8.69%), Magnesium: 32.56mg (8.14%), Folate: 26.7µg (6.68%), Zinc: 0.79mg (5.27%), Potassium: 174.07mg (4.97%), Calcium: 48.09mg (4.81%), Vitamin E: 0.54mg (3.59%), Selenium: 2.29µg (3.26%), Vitamin B5: 0.32mg (3.22%), Vitamin B1: 0.04mg (2.79%), Vitamin K: 2.17µg (2.07%), Vitamin B2: 0.02mg (1.18%)