



Basic Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce garbanzo beans drained and rinsed canned
- 1 medium garlic clove peeled smashed
- 1 juice of lemon
- 1 tablespoon olive oil extra virgin extra-virgin plus more to serve
- 0.3 cup tahini
- 0.3 cup water as needed plus more

Equipment

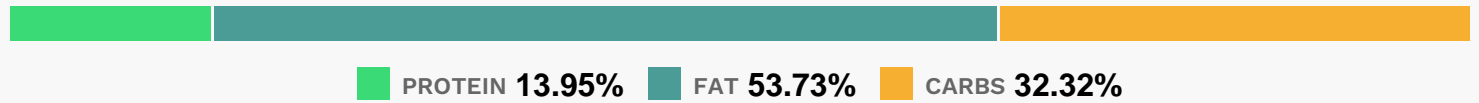
- food processor

bowl

Directions

Place beans, garlic, half of the lemon juice, tahini, water, olive oil, and a big pinch of salt in a food processor fitted with a blade attachment and process until smooth. If the hummus is too thick, pulse in more water, a tablespoon at a time, until the desired consistency is reached. Taste, adding more salt and lemon juice as needed. To serve, place in a bowl and drizzle with olive oil.

Nutrition Facts



Properties

Glycemic Index:11.72, Glycemic Load:2.64, Inflammation Score:-2, Nutrition Score:6.9260870101659%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 144.04kcal (7.2%), Fat: 9.03g (13.89%), Saturated Fat: 1.21g (7.57%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 8.61g (3.13%), Sugar: 0.13g (0.15%), Cholesterol: 0mg (0%), Sodium: 201.2mg (8.75%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.28g (10.55%), Manganese: 0.59mg (29.44%), Vitamin B6: 0.36mg (17.94%), Fiber: 3.61g (14.46%), Phosphorus: 136.86mg (13.69%), Copper: 0.27mg (13.67%), Vitamin B1: 0.18mg (12.26%), Iron: 1.34mg (7.44%), Magnesium: 29.16mg (7.29%), Folate: 28.53µg (7.13%), Selenium: 4.93µg (7.05%), Zinc: 0.96mg (6.4%), Potassium: 155.14mg (4.43%), Calcium: 40.43mg (4.04%), Vitamin B3: 0.66mg (3.32%), Vitamin C: 2.58mg (3.13%), Vitamin E: 0.34mg (2.29%), Vitamin B5: 0.22mg (2.21%), Vitamin B2: 0.02mg (1.41%), Vitamin K: 1.41µg (1.35%)