



Holly's Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15.5 ounce garbanzo beans drained canned (chickpeas)
- 1 teaspoon cilantro leaves
- 1.5 teaspoons basil fresh chopped
- 1.5 teaspoons basil fresh chopped
- 1 teaspoon garlic minced
- 2 tablespoons juice of lemon
- 0.3 cup manzanilla olives spanish pitted
- 3 tablespoons olive oil

8 servings salt and pepper to taste

Equipment

food processor

bowl

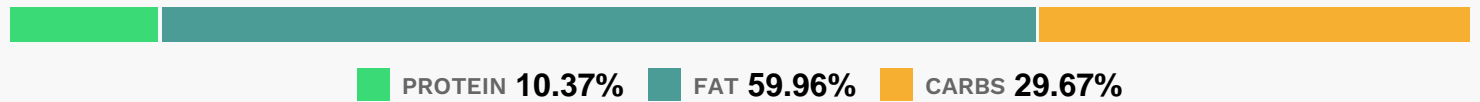
blender

Directions

Place garbanzo beans, olives, and garlic into the bowl of a blender or food processor.

Pour in olive oil and lemon juice; season with basil, cilantro, salt, and pepper. Cover and puree until smooth. Hummus can be served immediately, or covered, and stored in the refrigerator until ready to use.

Nutrition Facts



Properties

Glycemic Index:30.29, Glycemic Load:2.05, Inflammation Score:-1, Nutrition Score:4.0582608695652%

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: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 104.3kcal (5.21%), Fat: 7.19g (11.07%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 5.39g (1.96%), Sugar: 0.13g (0.14%), Cholesterol: 0mg (0%), Sodium: 434.45mg (18.89%), Protein: 2.8g (5.6%), Manganese: 0.46mg (22.85%), Vitamin B6: 0.27mg (13.4%), Fiber: 2.62g (10.49%), Vitamin E: 0.98mg (6.51%), Copper: 0.09mg (4.64%), Phosphorus: 45.07mg (4.51%), Iron: 0.75mg (4.14%), Magnesium: 15.8mg (3.95%), Folate: 14.7µg (3.67%), Vitamin K: 3.44µg (3.28%), Zinc: 0.39mg (2.59%), Potassium: 87.09mg (2.49%), Calcium: 23.3mg (2.33%), Vitamin C: 1.63mg (1.98%), Vitamin B5: 0.17mg (1.73%), Selenium: 1.21µg (1.72%), Vitamin B1: 0.02mg (1.36%)