

Fusion Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



328 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup balsamic vinegar
- 31 ounce garbanzo beans drained canned
- 2 sprigs rosemary fresh
- 1 clove garlic peeled
- 0.3 cup olive oil
- 4 servings salt and pepper to taste
- 0.3 cup water cold

Equipment

food processor

bowl

Directions

Strip rosemary leaves from stems, discard stems, and place leaves in the bowl of a food processor.

Add garlic and pulse until finely chopped.

Pour in the garbanzo beans; process until evenly blended.

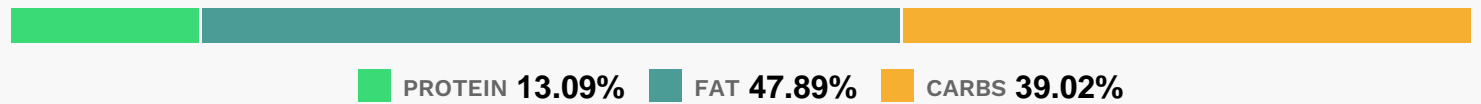
With food processor running, slowly pour in the olive oil, scraping sides of the bowl as necessary.

Pour in balsamic vinegar and process until evenly blended. Taste, and add more vinegar, 1 tablespoon at a time, as desired.

Pour in the water and process to make a spreadable consistency.

Add more water, 1 tablespoon at a time, if necessary. Season with salt and pepper to taste. Chill before serving.

Nutrition Facts



Properties

Glycemic Index:30.08, Glycemic Load:9.48, Inflammation Score:-4, Nutrition Score:14.559130450954%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 327.89kcal (16.39%), Fat: 17.79g (27.37%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 32.61g (10.87%), Net Carbohydrates: 22.92g (8.34%), Sugar: 2.39g (2.66%), Cholesterol: 0mg (0%), Sodium: 809.4mg (35.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.87%), Manganese: 1.83mg (91.58%), Vitamin B6: 1.05mg (52.43%), Fiber: 9.69g (38.76%), Phosphorus: 179.98mg (18%), Copper: 0.35mg (17.26%), Iron: 2.91mg (16.17%), Magnesium: 61.62mg (15.4%), Folate: 55µg (13.75%), Vitamin E: 1.94mg (12.96%), Zinc: 1.54mg (10.27%),

Potassium: 337.75mg (9.65%), Calcium: 83.42mg (8.34%), Vitamin K: 8.14µg (7.75%), Vitamin B5: 0.66mg (6.62%),
Selenium: 4.5µg (6.43%), Vitamin B1: 0.07mg (4.79%), Vitamin B2: 0.03mg (1.99%), Vitamin B3: 0.29mg (1.46%)