

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

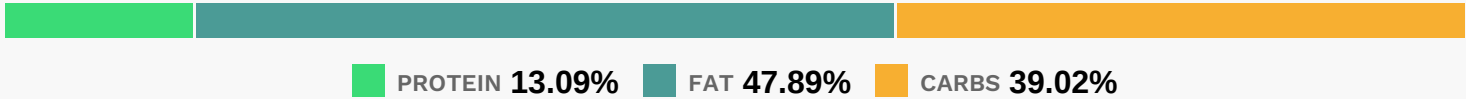
Equipment

- ☐ 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%)