



WHATSheATE



## Gaby Dalkin's Avocado Cilantro Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



8

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1.8 cups chickpeas rinsed cooked drained canned
- ☐ 1 pepper flakes seeded chopped
- ☐ 0.3 cup olive oil extra virgin ( if needed, up to)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 haas avocados ripe
- ☐ 1 tbsp juice of lemon fresh
- ☐ 0.8 tsp salt to taste
- ☐ 1 tsp hot sauce

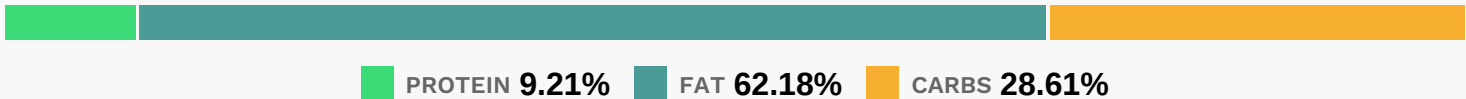
☐ 4 tsp tahini

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Gaby Dalkin's Avocado Cilantro Hummus
- ☐ Adapted from: "Absolutely Avocados" by Gaby Dalkin
- ☐ Ingredients1 3/4 cups soaked and cooked chickpeas or 15-ounce can chickpeas, rinsed and drained1 ripe Haas avocado1/4 cup extra virgin olive oil (or more if needed, up to 1/2 cup)1/3 cup fresh chopped cilantro1 jalapeño chili pepper, seeded and chopped1 tbsp fresh lemon juice4 tsp tahini paste1 tsp Tabasco, Tapatio hot sauce or sriracha3/4 tsp salt, or more to taste
- ☐ Pita chips or assorted crudités for serving
- ☐ Total Time: 10 – 25 Minutes
- ☐ Servings: 8
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:17.84, Glycemic Load:2.2, Inflammation Score:-4, Nutrition Score:8.0565216644951%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

0.36mg

Nutrients (% of daily need)

Calories: 176.39kcal (8.82%), Fat: 12.73g (19.59%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 8.54g (3.11%), Sugar: 2.25g (2.5%), Cholesterol: 0mg (0%), Sodium: 239.98mg (10.43%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.24g (8.49%), Folate: 86.62µg (21.66%), Manganese: 0.42mg (20.98%), Fiber: 4.64g (18.55%), Vitamin C: 12.52mg (15.18%), Vitamin K: 13.64µg (12.99%), Vitamin E: 1.68mg (11.18%), Copper: 0.22mg (11.18%), Phosphorus: 96.04mg (9.6%), Iron: 1.4mg (7.77%), Potassium: 262.22mg (7.49%), Vitamin B6: 0.15mg (7.47%), Magnesium: 28.5mg (7.12%), Vitamin B1: 0.1mg (6.89%), Zinc: 0.85mg (5.64%), Vitamin B5: 0.47mg (4.7%), Vitamin B3: 0.85mg (4.24%), Vitamin B2: 0.06mg (3.82%), Selenium: 2.32µg (3.32%), Vitamin A: 147.66IU (2.95%), Calcium: 25.72mg (2.57%)