



Garlic and Sun-Dried Tomato Hummus

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 15 ounce garbanzo beans drained canned (garbanzo beans)
- 2 garlic clove
- 2 6-inch wholewheat pita breads cut into 10 wedges ()
- 0.5 teaspoon salt
- 2 tablespoons sun-dried olives chopped
- 0.3 cup water

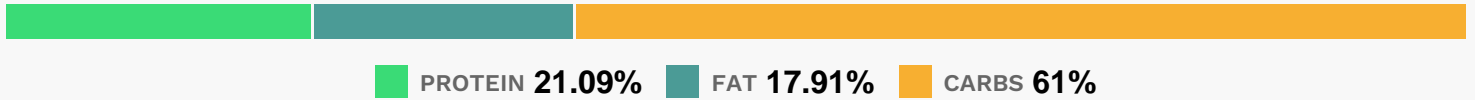
Equipment

- food processor
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 42
- Coat a baking sheet with cooking spray.
- Place pita wedges on pan, and coat with cooking spray.
- Bake at 425 for 6 minutes or until golden.
- Combine water, tomato, salt, pepper, garlic, and beans in a food processor, and process until smooth.
- Serve with pita wedges.

Nutrition Facts



Properties

Glycemic Index:45.87, Glycemic Load:3.71, Inflammation Score:-2, Nutrition Score:6.0760869565217%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 83.14kcal (4.16%), Fat: 1.73g (2.66%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 9.23g (3.35%), Sugar: 0.76g (0.85%), Cholesterol: 0mg (0%), Sodium: 474.08mg (20.61%), Protein: 4.59g (9.18%), Manganese: 0.77mg (38.4%), Vitamin B6: 0.42mg (21.21%), Fiber: 4.05g (16.19%), Copper: 0.17mg (8.31%), Phosphorus: 77.54mg (7.75%), Iron: 1.27mg (7.03%), Magnesium: 27.54mg (6.89%), Folate: 22.77µg (5.69%), Potassium: 197.74mg (5.65%), Zinc: 0.65mg (4.31%), Calcium: 35.42mg (3.54%), Vitamin B5: 0.31mg (3.06%), Selenium: 1.99µg (2.84%), Vitamin B1: 0.04mg (2.76%), Vitamin B3: 0.31mg (1.55%), Vitamin C: 1.24mg (1.51%), Vitamin B2: 0.02mg (1.44%)