

**100%**
HEALTH SCORE

Garlicky Hummus

 Vegetarian Vegan Gluten Free Dairy Free Very Healthy

READY IN

**10 min.**

SERVINGS

**2**

CALORIES

**888 kcal**

ANTIPASTI

STARTER

SNACK

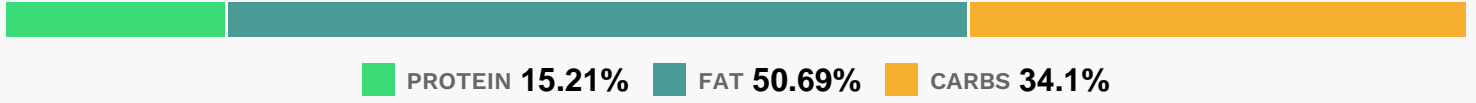
APPETIZER

Ingredients

- 30 ounce garbanzo beans drained canned
- 3 tablespoons parsley fresh chopped
- 6 garlic clove fresh minced
- 0.3 cup juice of lemon
- 1 teaspoon olive oil for drizzling
- 2 servings salt as needed to taste
- 0.7 cup tahini

Equipment

Nutrition Facts



Properties

Glycemic Index:51.17, Glycemic Load:16.49, Inflammation Score:-9, Nutrition Score:47.322173913043%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg, Apigenin: 12.93mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 887.77kcal (44.39%), Fat: 52.87g (81.33%), Saturated Fat: 7.11g (44.44%), Carbohydrates: 80.03g (26.68%), Net Carbohydrates: 57.08g (20.76%), Sugar: 0.91g (1.01%), Cholesterol: 0mg (0%), Sodium: 1409.2mg (61.27%), Protein: 35.7g (71.4%), Manganese: 3.64mg (182.14%), Vitamin B6: 2.26mg (113.12%), Phosphorus: 991.88mg (99.19%), Copper: 1.98mg (98.98%), Vitamin B1: 1.44mg (95.9%), Vitamin K: 99.76µg (95.01%), Fiber: 22.95g (91.8%), Selenium: 37.34µg (53.34%), Iron: 9.33mg (51.83%), Folate: 200.2µg (50.05%), Magnesium: 197.9mg (49.48%), Zinc: 6.81mg (45.43%), Vitamin C: 26.38mg (31.97%), Potassium: 1080.35mg (30.87%), Calcium: 288.18mg (28.82%), Vitamin B3: 5.23mg (26.17%), Vitamin B5: 1.39mg (13.89%), Vitamin A: 625.47IU (12.51%), Vitamin B2: 0.18mg (10.6%), Vitamin E: 0.39mg (2.57%)