



Greek Hummus

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



300 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce chick peas drained canned
- ☐ 0.5 cucumber seedless for dipping cut into sticks
- ☐ 1 handful flat-leaf parsley fresh
- ☐ 1 clove garlic finely chopped
- ☐ 0.3 cup kalamata olives drained coarsely chopped well
- ☐ 1 optional: lemon
- ☐ 4 servings drizzle olive oil extra-virgin
- ☐ 1 sprig oregano fresh chopped

- ☐ 1 medium bell pepper red seeded for dipping cut into strips
- ☐ 1 sack pita chips (recommended: Stacy's)
- ☐ 4 servings salt
- ☐ 2 tablespoons tahini paste

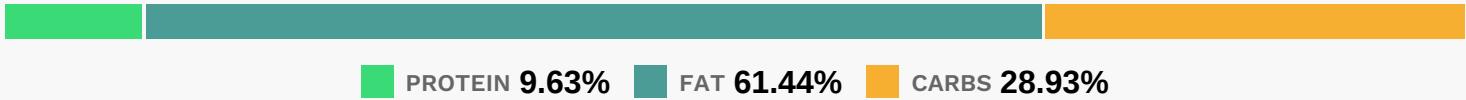
Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine chick peas, juice of 1 lemon, oregano and parsley in food processor. Mash garlic into paste with some salt pressing under the flat part of your knife then add garlic to processor along with tahini paste. Process hummus, drizzling in olive oil, until smooth then transfer to a bowl and stir in olives, reserving a few for garnish.
- ☐ Serve dip with pita crisps and vegetable sticks.

Nutrition Facts



Properties

Glycemic Index:41.21, Glycemic Load:4.81, Inflammation Score:-9, Nutrition Score:16.984347592229%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 300.23kcal (15.01%), Fat: 21.66g (33.32%), Saturated Fat: 2.94g (18.35%), Carbohydrates: 22.95g (7.65%), Net Carbohydrates: 15.79g (5.74%), Sugar: 2.66g (2.95%), Cholesterol: 0mg (0%), Sodium: 631.43mg (27.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Vitamin C: 55.44mg (67.2%), Manganese: 0.98mg (49.18%), Vitamin K: 35.68µg (33.98%), Vitamin B6: 0.66mg (32.79%), Fiber: 7.16g (28.63%), Vitamin A: 1123.73IU (22.47%), Vitamin E: 2.99mg (19.96%), Phosphorus: 168.78mg (16.88%), Copper: 0.33mg (16.59%), Folate: 56.86µg (14.22%), Iron: 2.44mg (13.54%), Vitamin B1: 0.2mg (13.21%), Magnesium: 49.59mg (12.4%), Potassium: 361.89mg (10.34%), Zinc: 1.29mg (8.58%), Calcium: 78.34mg (7.83%), Selenium: 5.33µg (7.61%), Vitamin B5: 0.58mg (5.78%), Vitamin B3: 1.01mg (5.06%), Vitamin B2: 0.07mg (4.39%)