



Green Herb Hummus

 Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce chickpeas drained and rinsed canned
- 0.1 teaspoon cayenne pepper
- 6 basil leaves fresh
- 1 tablespoon optional: dill fresh chopped
- 0.3 cup parsley leaves fresh
- 1 clove garlic
- 1 teaspoon honey
- 0.3 teaspoon kosher salt

- 1 tablespoon juice of lemon fresh
- 0.3 cup olive oil extra-virgin
- 1 medium scallion chopped
- 2 tablespoons tahini
- 8 servings options whole-wheat sliced for dipping: carrot sticks, cucumber and pita chips

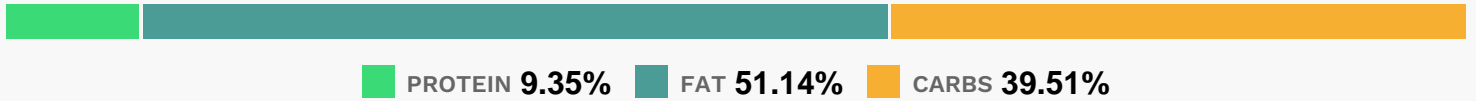
Equipment

- food processor

Directions

- Watch how to make this recipe.
- Place ingredients in a food processor fitted with a steel blade and pulse until smooth.
- Serve with dippers.

Nutrition Facts



Properties

Glycemic Index:37.95, Glycemic Load:2.41, Inflammation Score:-5, Nutrition Score:11.07652178018%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 281.59kcal (14.08%), Fat: 16.31g (25.1%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 24.64g (8.96%), Sugar: 2.17g (2.41%), Cholesterol: 0mg (0%), Sodium: 462.58mg (20.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.42%), Vitamin K: 41.66µg (39.68%), Manganese: 0.64mg (31.83%), Vitamin E: 3.28mg (21.84%), Selenium: 11.7µg (16.71%), Vitamin B1: 0.24mg (15.83%), Fiber: 3.72g (14.88%),

Folate: 59.53µg (14.88%), Vitamin B6: 0.3mg (14.87%), Iron: 2.33mg (12.93%), Vitamin B3: 2.3mg (11.49%), Phosphorus: 109.7mg (10.97%), Copper: 0.19mg (9.43%), Magnesium: 30.08mg (7.52%), Vitamin B2: 0.1mg (6.09%), Zinc: 0.85mg (5.65%), Vitamin C: 4.02mg (4.88%), Vitamin A: 219.96IU (4.4%), Potassium: 151.32mg (4.32%), Calcium: 34.25mg (3.42%), Vitamin B5: 0.31mg (3.14%)