



Happy-Hour Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



13

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 1 garlic clove crushed
- ☐ 0.3 cup juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup tahini (roasted sesame seed paste)
- ☐ 5 tablespoons water

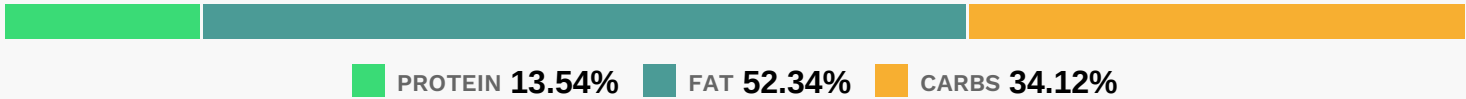
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place first 7 ingredients in a food processor; process until smooth, scraping sides as necessary. Spoon hummus into a bowl.
- ☐ Sprinkle with paprika, parsley, and pine nuts, if desired.

Nutrition Facts



Properties

Glycemic Index:5.41, Glycemic Load:2.42, Inflammation Score:-2, Nutrition Score:5.4043477955072%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 114.83kcal (5.74%), Fat: 6.97g (10.72%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 10.22g (3.41%), Net Carbohydrates: 7.1g (2.58%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 273.37mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Manganese: 0.54mg (26.99%), Vitamin B6: 0.32mg (16.07%), Fiber: 3.11g (12.46%), Phosphorus: 89.53mg (8.95%), Copper: 0.18mg (8.84%), Vitamin B1: 0.1mg (6.39%), Iron: 1.04mg (5.75%), Magnesium: 22.45mg (5.61%), Folate: 21.82µg (5.46%), Zinc: 0.67mg (4.47%), Selenium: 2.93µg (4.19%), Potassium: 121.2mg (3.46%), Vitamin E: 0.47mg (3.15%), Calcium: 30.37mg (3.04%), Vitamin C: 2.15mg (2.6%), Vitamin B5: 0.2mg (2.03%), Vitamin K: 1.95µg (1.86%), Vitamin B3: 0.35mg (1.76%)