



Harissa-spiked hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 800 g garbanzo beans rinsed drained canned
- ☐ 5 tbsp olive oil
- ☐ 1 garlic clove crushed
- ☐ 10 servings juice of lemon to taste
- ☐ 2 tbsp harissa (see TIP below)
- ☐ 1 tbsp tomato purée

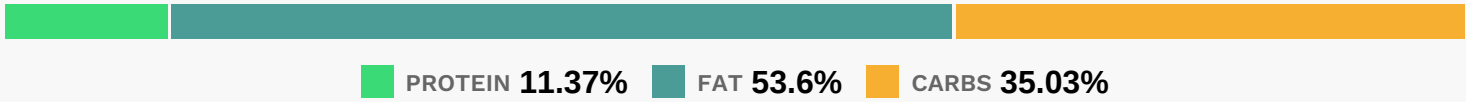
Equipment

- ☐ food processor

Directions

- ☐ Put three-quarters of the chickpeas in a food processor with 3 tbsp olive oil, garlic and half a cupful of water. Blitz until smooth, adding a little more water if necessary to make a thick cream consistency.
- ☐ Add the rest of the chickpeas, then whizz again for a few seconds until nobbly. Season with salt and a good squeeze of lemon juice.
- ☐ Mix together the harissa and tomato pure with the rest of the olive oil.
- ☐ Drizzle over the hummus to serve.

Nutrition Facts



Properties

Glycemic Index:7.03, Glycemic Load:2.96, Inflammation Score:-2, Nutrition Score:6.085217424061%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 139.4kcal (6.97%), Fat: 8.61g (13.25%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 8.99g (3.27%), Sugar: 0.86g (0.95%), Cholesterol: 0mg (0%), Sodium: 263.39mg (11.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Manganese: 0.66mg (33.2%), Vitamin B6: 0.4mg (19.79%), Fiber: 3.67g (14.69%), Vitamin C: 6.63mg (8.03%), Vitamin E: 1.12mg (7.47%), Phosphorus: 67.86mg (6.79%), Copper: 0.13mg (6.71%), Iron: 1.09mg (6.07%), Folate: 23.45µg (5.86%), Magnesium: 23.3mg (5.83%), Potassium: 150.05mg (4.29%), Vitamin K: 4.43µg (4.22%), Zinc: 0.57mg (3.82%), Calcium: 30.4mg (3.04%), Vitamin B5: 0.27mg (2.68%), Selenium: 1.7µg (2.43%), Vitamin B1: 0.03mg (2.19%), Vitamin B2: 0.02mg (1.06%)