

Hazelnut Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 oz garbanzos rinsed drained canned
- ☐ 1 clove garlic chopped
- ☐ 1 cup hazelnuts or toasted (4 oz.; see below)
- ☐ 2 tablespoons juice of lemon
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon parsley chopped
- ☐ 20 servings salt and pepper

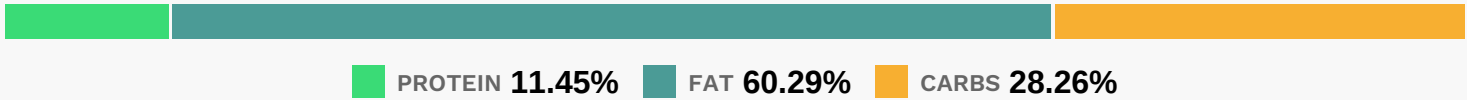
Equipment

- ☐ food processor
- ☐ oven
- ☐ kitchen towels

Directions

- ☐ To toast the hazelnuts, bake in a 375 oven until golden under skins (break one to test), 10 to 15 minutes. When cool enough to handle, rub in a kitchen towel to remove as many skins as possible.
- ☐ In a food processor, whirl hazelnuts until smooth.
- ☐ Add garbanzos, olive oil, garlic, parsley, and lemon juice, and whirl again until smooth.
- ☐ Add water, 1 tablespoon at a time, to thin to desired consistency.
- ☐ Add salt and pepper to taste.
- ☐ Drizzle with hazelnut oil, if desired.

Nutrition Facts



Properties

Glycemic Index:5.14, Glycemic Load:1.09, Inflammation Score:-2, Nutrition Score:4.6873913212963%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 89.41kcal (4.47%), Fat: 6.27g (9.64%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 4.5g (1.64%), Sugar: 1.25g (1.39%), Cholesterol: 0mg (0%), Sodium: 195.37mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Manganese: 0.58mg (28.92%), Folate: 41.52µg (10.38%),

Copper: 0.17mg (8.71%), Vitamin E: 1.28mg (8.5%), Fiber: 2.1g (8.42%), Vitamin K: 6.19µg (5.9%), Phosphorus: 51.2mg (5.12%), Iron: 0.89mg (4.92%), Magnesium: 19.54mg (4.88%), Vitamin B1: 0.06mg (4.16%), Vitamin B6: 0.06mg (3.2%), Zinc: 0.46mg (3.04%), Potassium: 101.86mg (2.91%), Vitamin C: 1.53mg (1.85%), Calcium: 17.34mg (1.73%), Selenium: 0.9µg (1.29%), Vitamin B2: 0.02mg (1.17%), Vitamin B5: 0.12mg (1.15%), Vitamin B3: 0.22mg (1.09%)