



Herb Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 19 oz garbanzo beans drained canned
- ☐ 0.3 cup herbs: rosemary fresh finely chopped (such as thyme, parsley and/or basil)
- ☐ 1 tablespoon sesame seed toasted
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 serving salt and pepper to taste

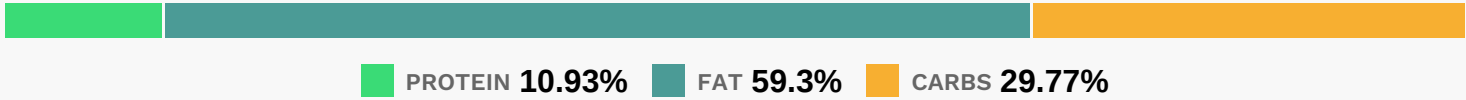
Equipment

- ☐ food processor

Directions

- ☐ In food processor, combine all ingredients; process until smooth.
- ☐ Serve with fresh veggies, crackers or whatever you like.

Nutrition Facts



Properties

Glycemic Index:13.42, Glycemic Load:2.53, Inflammation Score:-3, Nutrition Score:6.7813043672106%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 126.15kcal (6.31%), Fat: 8.58g (13.21%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 6.54g (2.38%), Sugar: 0.11g (0.13%), Cholesterol: 0mg (0%), Sodium: 212.73mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin K: 34.81µg (33.16%), Manganese: 0.58mg (28.94%), Vitamin B6: 0.33mg (16.49%), Fiber: 3.15g (12.61%), Copper: 0.15mg (7.36%), Vitamin E: 0.99mg (6.63%), Iron: 1.13mg (6.28%), Phosphorus: 61.54mg (6.15%), Magnesium: 22.85mg (5.71%), Folate: 21.4µg (5.35%), Vitamin C: 4.01mg (4.86%), Zinc: 0.56mg (3.76%), Calcium: 36.21mg (3.62%), Vitamin A: 168.36IU (3.37%), Potassium: 115.96mg (3.31%), Selenium: 1.7µg (2.42%), Vitamin B5: 0.21mg (2.14%), Vitamin B1: 0.03mg (2.13%)