



## Holly's Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 15.5 ounce garbanzo beans drained canned (chickpeas)
- 1 teaspoon cilantro leaves
- 1.5 teaspoons basil fresh chopped
- 1.5 teaspoons basil fresh chopped
- 1 teaspoon garlic minced
- 2 tablespoons juice of lemon
- 0.3 cup manzanilla olives spanish pitted
- 3 tablespoons olive oil

8 servings salt and pepper to taste

## Equipment

food processor

bowl

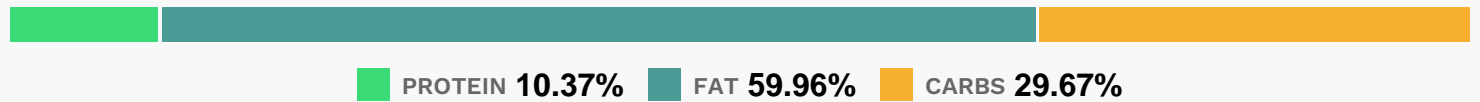
blender

## Directions

Place garbanzo beans, olives, and garlic into the bowl of a blender or food processor.

Pour in olive oil and lemon juice; season with basil, cilantro, salt, and pepper. Cover and puree until smooth. Hummus can be served immediately, or covered, and stored in the refrigerator until ready to use.

## Nutrition Facts



## Properties

Glycemic Index:30.29, Glycemic Load:2.05, Inflammation Score:-1, Nutrition Score:4.0582608695652%

## 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 Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 104.3kcal (5.21%), Fat: 7.19g (11.07%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 5.39g (1.96%), Sugar: 0.13g (0.14%), Cholesterol: 0mg (0%), Sodium: 434.45mg (18.89%), Protein: 2.8g (5.6%), Manganese: 0.46mg (22.85%), Vitamin B6: 0.27mg (13.4%), Fiber: 2.62g (10.49%), Vitamin E: 0.98mg (6.51%), Copper: 0.09mg (4.64%), Phosphorus: 45.07mg (4.51%), Iron: 0.75mg (4.14%), Magnesium: 15.8mg (3.95%), Folate: 14.7µg (3.67%), Vitamin K: 3.44µg (3.28%), Zinc: 0.39mg (2.59%), Potassium: 87.09mg (2.49%), Calcium: 23.3mg (2.33%), Vitamin C: 1.63mg (1.98%), Vitamin B5: 0.17mg (1.73%), Selenium: 1.21µg (1.72%), Vitamin B1: 0.02mg (1.36%)