



HEALTH SCORE

57%

Homemade Hummus



Vegetarian



Vegan



Dairy Free

READY IN



60 min.

SERVINGS



3

CALORIES



801 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 tablespoon baking soda



1 cup chickpeas dried



1 clove garlic



0.5 teaspoon ground cumin



2 juice of lemon



3 servings kosher salt



0.3 cup olive oil extra-virgin plus more for drizzling



0.3 teaspoon paprika plus more for sprinkling

- ☐ 3 servings pita bread and/or vegetable sticks for serving
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 0.5 cup tahini well sesame paste

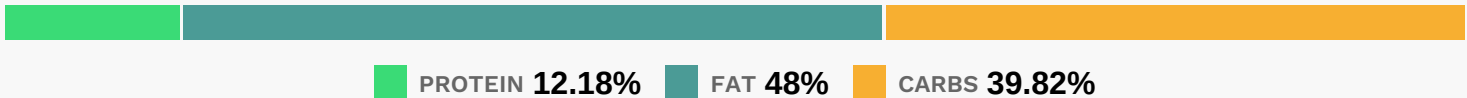
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ sieve

Directions

- ☐ Put the chickpeas in a strainer and pick through to remove any small stones; rinse well.
- ☐ Transfer the chickpeas to a large bowl and add 8 cups water; stir in the baking soda. Set aside to soak at room temperature, at least 12 hours and up to 1 day.
- ☐ Drain the chickpeas and rinse well.
- ☐ Transfer to a large pot and add 10 cups water; bring to a boil and cook 5 minutes, then reduce the heat to low and simmer until the chickpeas are very soft, skimming off any foam from the surface, about 45 minutes.
- ☐ Reserve 1 cup of the cooking water, then drain the chickpeas and rinse under cold water.
- ☐ Transfer to a food processor and puree until smooth. With the machine running, add the tahini, olive oil, garlic, lemon juice, cumin, red pepper flakes, paprika, 1 teaspoon salt and the reserved cooking water; puree until smooth and creamy, about 5 minutes.
- ☐ Transfer the hummus to a bowl, drizzle with olive oil and sprinkle with paprika.
- ☐ Serve with pita bread and/or vegetables. To store, cover and refrigerate 3 to 4 days.
- ☐ Photograph by Levi Brown

Nutrition Facts



Properties

Glycemic Index:55.83, Glycemic Load:35.08, Inflammation Score:-8, Nutrition Score:32.907391340836%

Flavonoids

Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg, Hesperetin: 2.89mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 800.67kcal (40.03%), Fat: 44.08g (67.81%), Saturated Fat: 5.99g (37.41%), Carbohydrates: 82.26g (27.42%), Net Carbohydrates: 67.31g (24.48%), Sugar: 7.68g (8.54%), Cholesterol: 0mg (0%), Sodium: 1622.49mg (70.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.16g (50.32%), Folate: 428.17µg (107.04%), Manganese: 1.77mg (88.75%), Vitamin B1: 1.11mg (74.23%), Copper: 1.31mg (65.74%), Phosphorus: 620.14mg (62.01%), Fiber: 14.94g (59.78%), Iron: 7.13mg (39.63%), Magnesium: 132.45mg (33.11%), Zinc: 4.66mg (31.05%), Selenium: 19.46µg (27.8%), Potassium: 871.97mg (24.91%), Vitamin B6: 0.47mg (23.29%), Vitamin B3: 4.56mg (22.8%), Vitamin E: 3.29mg (21.95%), Calcium: 181.9mg (18.19%), Vitamin K: 17.18µg (16.36%), Vitamin C: 12.43mg (15.06%), Vitamin B2: 0.25mg (14.85%), Vitamin B5: 1.32mg (13.19%), Vitamin A: 208.5IU (4.17%)