



Homemade hummus with pitta chips



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 wholewheat pita breads
- ☐ 5 tbsp olive oil
- ☐ 400 g garbanzo beans rinsed drained canned
- ☐ 0.5 tsp ground cumin
- ☐ 1 garlic clove crushed
- ☐ 1 juice of lemon

Equipment

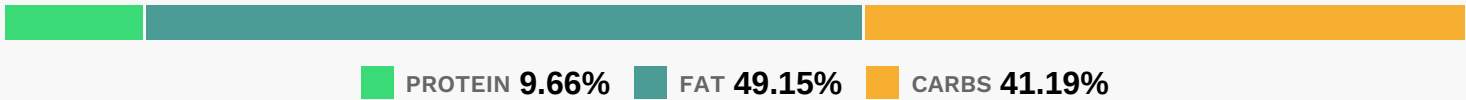
- ☐ food processor

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Slice each pitta in half so it separates into two really thin pieces of bread, then cut into strips or wedges. Lightly grease a shallow baking tray or sheet and arrange the pitta slices on top. Cook in the oven for 10 mins until crisp, then leave to cool. Can be stored in an airtight container for 4-5 days.
- ☐ To make the hummus, tip the rinsed chickpeas into a food processor.
- ☐ Add all the remaining ingredients and 3 tbsp cold water and whizz together. Keep adding water, a tbsp or so at a time, until you get a smooth spoonable paste. Tip into a bowl and serve. Can be kept in the fridge for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:28.72, Glycemic Load:17.02, Inflammation Score:-2, Nutrition Score:6.7152173933776%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 241.27kcal (12.06%), Fat: 13.35g (20.55%), Saturated Fat: 1.8g (11.23%), Carbohydrates: 25.17g (8.39%), Net Carbohydrates: 21.58g (7.85%), Sugar: 0.13g (0.15%), Cholesterol: 0mg (0%), Sodium: 336.06mg (14.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.91g (11.81%), Manganese: 0.69mg (34.73%), Vitamin B6: 0.33mg (16.7%), Fiber: 3.59g (14.37%), Vitamin E: 1.69mg (11.29%), Phosphorus: 82.49mg (8.25%), Iron: 1.4mg (7.78%), Copper: 0.15mg (7.64%), Vitamin K: 7.04µg (6.71%), Vitamin B1: 0.1mg (6.62%), Magnesium: 26.32mg (6.58%), Folate: 24.42µg (6.1%), Calcium: 50.29mg (5.03%), Zinc: 0.71mg (4.74%), Potassium: 139.85mg (4%), Vitamin B3: 0.7mg

(3.51%), Vitamin B5: 0.32mg (3.2%), Vitamin C: 2.17mg (2.63%), Vitamin B2: 0.04mg (2.29%), Selenium: 1.42µg (2.03%)