



Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



11

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups chickpeas canned drained
- 2 tablespoons liquid from the chickpeas
- 4 garlic cloves
- 8 dashes hot sauce
- 1.5 teaspoons kosher salt
- 6 tablespoons juice of lemon freshly squeezed (2 lemons)
- 0.3 cup tahini (sesame paste)

Equipment

food processor

Directions

Watch how to make this recipe.

Turn on the food processor fitted with the steel blade and drop the garlic down the feed tube; process until it's minced.

Add the rest of the ingredients to the food processor and process until the hummus is coarsely pureed. Taste, for seasoning, and serve chilled or at room temperature.

Nutrition Facts

 **PROTEIN 14.96%**  **FAT 49.7%**  **CARBS 35.34%**

Properties

Glycemic Index:8.73, Glycemic Load:1.33, Inflammation Score:-2, Nutrition Score:4.1343478064822%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 77.14kcal (3.86%), Fat: 4.53g (6.97%), Saturated Fat: 0.61g (3.83%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 5.34g (1.94%), Sugar: 0.35g (0.39%), Cholesterol: 0mg (0%), Sodium: 404.93mg (17.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Manganese: 0.29mg (14.58%), Copper: 0.18mg (8.85%), Vitamin B1: 0.13mg (8.83%), Phosphorus: 88.16mg (8.82%), Vitamin B6: 0.17mg (8.65%), Fiber: 1.91g (7.62%), Folate: 20.88µg (5.22%), Selenium: 3.36µg (4.8%), Vitamin C: 3.93mg (4.77%), Iron: 0.79mg (4.41%), Magnesium: 17.03mg (4.26%), Zinc: 0.6mg (4%), Potassium: 97.12mg (2.77%), Calcium: 24.68mg (2.47%), Vitamin B3: 0.48mg (2.39%), Vitamin B5: 0.11mg (1.14%), Vitamin B2: 0.02mg (1.02%)