



Hummus



Gluten Free



Dairy Free

READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

477 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



29 ounce chick peas drained and rinsed canned



6 servings corn chips for serving



0.3 cup parsley leaves fresh chopped



4 cloves garlic minced



0.3 cup juice of lemon



0.5 cup olive oil light



6 servings salt and pepper black freshly ground



0.3 cup sun-dried tomatoes drained chopped in oil

☐ 0.7 cup tahini well

Equipment

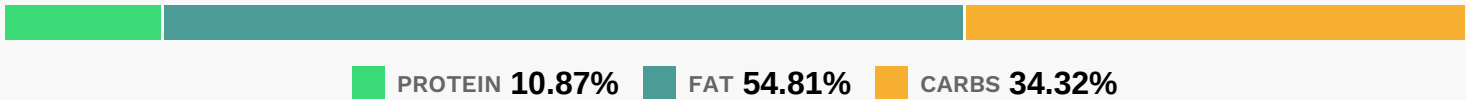
☐ food processor

☐ bowl

Directions

- ☐ In a food processor add the chick peas, garlic, tahini, sun-dried tomatoes, lemon juice, and salt and pepper, to taste, and puree until the mixture is soft and smooth.
- ☐ Remove from the processor to a serving bowl and stir in the chopped parsley and olive oil. Adjust the seasoning with salt and pepper.
- ☐ Serve with pita chips or corn chips.

Nutrition Facts



Properties

Glycemic Index:22.39, Glycemic Load:5.25, Inflammation Score:-6, Nutrition Score:20.753478672193%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 477.32kcal (23.87%), Fat: 30.46g (46.87%), Saturated Fat: 4.07g (25.41%), Carbohydrates: 42.92g (14.31%), Net Carbohydrates: 34.07g (12.39%), Sugar: 0.37g (0.42%), Cholesterol: 0mg (0%), Sodium: 548.3mg (23.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.59g (27.18%), Manganese: 1.32mg (65.76%), Vitamin K: 45.13µg (42.98%), Vitamin B6: 0.78mg (39.08%), Phosphorus: 386.46mg (38.65%), Fiber: 8.85g (35.39%), Copper: 0.7mg (35.08%), Vitamin B1: 0.5mg (33.24%), Magnesium: 88.73mg (22.18%), Selenium: 14.48µg (20.69%), Iron: 3.55mg (19.72%), Zinc: 2.63mg (17.54%), Folate: 69.59µg (17.4%), Vitamin E: 2.58mg (17.2%), Vitamin C: 13.81mg (16.73%), Calcium: 134.51mg (13.45%), Potassium: 465.47mg (13.3%), Vitamin B3: 2.14mg (10.71%), Vitamin

B5: 0.63mg (6.26%), Vitamin A: 309.3IU (6.19%), Vitamin B2: 0.1mg (5.78%)