



# Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 cups garbanzo beans canned drained
- 8 servings parsley fresh chopped for garnish
- 2 cloves garlic peeled to taste
- 1 juice of lemon as needed plus more
- 0.3 cup olive oil extra virgin extra-virgin for drizzling
- 1 tablespoon ground cumin for garnish plus a sprinkling to taste
- 8 servings pepper black freshly ground to taste
- 0.5 cup tahini with some of its oil (sesame paste)

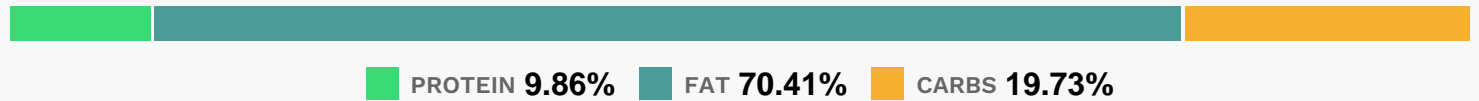
# Equipment

food processor

# Directions

- Put everything except the parsley in a food processor and begin to process; add the chickpea liquid or water as needed to allow the machine to produce a smooth puree.
- Taste and adjust the seasoning (I often find I like to add much more lemon juice).
- Serve, drizzled with the olive oil and sprinkled with a bit more cumin or paprika and some parsley.

# Nutrition Facts



# Properties

Glycemic Index:17.42, Glycemic Load:1.64, Inflammation Score:-5, Nutrition Score:10.553478339444%

# Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

# Nutrients (% of daily need)

Calories: 191kcal (9.55%), Fat: 15.72g (24.18%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 9.91g (3.3%), Net Carbohydrates: 7.14g (2.6%), Sugar: 0.15g (0.17%), Cholesterol: 0mg (0%), Sodium: 123.05mg (5.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.95g (9.9%), Vitamin K: 69.88µg (66.55%), Manganese: 0.39mg (19.63%), Vitamin B1: 0.26mg (17.49%), Copper: 0.32mg (16.04%), Phosphorus: 158.97mg (15.9%), Vitamin B6: 0.23mg (11.73%), Fiber: 2.77g (11.09%), Iron: 1.98mg (10.98%), Vitamin C: 7.73mg (9.37%), Selenium: 6.14µg (8.77%), Folate: 31.89µg (7.97%), Magnesium: 30.65mg (7.66%), Vitamin A: 363.52IU (7.27%), Zinc: 1.07mg (7.11%), Vitamin E: 1.03mg (6.89%), Calcium: 50.1mg (5.01%), Vitamin B3: 1mg (4.98%), Potassium: 171.73mg (4.91%), Vitamin B2: 0.03mg (1.89%), Vitamin B5: 0.15mg (1.49%)