



Hummus

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



853 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup olive oil to taste
- 1 teaspoon salt
- 0.3 cup juice of lemon fresh to taste
- 2 tablespoons pinenuts toasted
- 4 garlic clove
- 0.7 cup tahini well
- 0.3 cup parsley fresh
- 4 servings wholewheat pita breads

- 2 pound chickpeas drained and rinsed canned

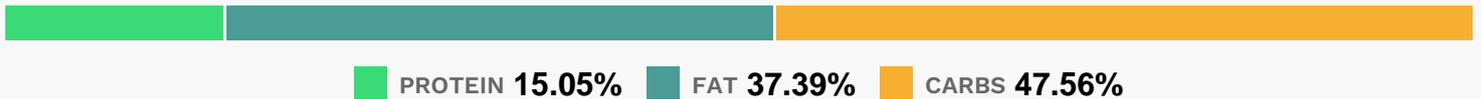
Equipment

- food processor
- bowl
- cutting board

Directions

- On a cutting board mince and mash the garlic to a paste with the salt. In a food processor purée the chick-peas with the garlic paste, the tahini, the lemon juice, 1/4 cup of the oil, and 1/2 cup water, scraping down the sides, until the hummus is smooth and add salt to taste.
- Add water, if necessary, to thin the hummus to the desired consistency and transfer the hummus to a bowl. In the food processor, cleaned, purée the remaining 1/4 cup oil with the parsley until the oil is bright green and the parsley is minced transfer the parsley oil to a small jar. The hummus and the parsley oil may be made 3 days in advance and kept covered and chilled. Divide the hummus between shallow serving dishes and smooth the tops.
- Drizzle the hummus with the parsley oil and sprinkle it with the pine nuts.
- Serve the hummus with the pita.

Nutrition Facts



Properties

Glycemic Index:46.19, Glycemic Load:40.95, Inflammation Score:-9, Nutrition Score:40.2186955991%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg 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: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 853.31kcal (42.67%), Fat: 36.65g (56.39%), Saturated Fat: 4.68g (29.23%), Carbohydrates: 104.92g (34.97%), Net Carbohydrates: 84.15g (30.6%), Sugar: 11.51g (12.79%), Cholesterol: 0mg (0%), Sodium: 914.38mg (39.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.19g (66.38%), Manganese: 3.11mg (155.25%), Folate: 453.27µg (113.32%), Fiber: 20.77g (83.06%), Copper: 1.62mg (80.99%), Phosphorus: 788.07mg (78.81%), Vitamin K: 76.57µg (72.92%), Vitamin B1: 1.08mg (71.98%), Iron: 9.71mg (53.97%), Magnesium: 177.53mg (44.38%), Zinc: 6.19mg (41.3%), Selenium: 22.63µg (32.33%), Potassium: 989.31mg (28.27%), Vitamin B3: 4.95mg (24.76%), Calcium: 228.42mg (22.84%), Vitamin B6: 0.45mg (22.33%), Vitamin C: 16.49mg (19.99%), Vitamin B2: 0.27mg (15.64%), Vitamin E: 2.09mg (13.94%), Vitamin B5: 0.94mg (9.39%), Vitamin A: 406.57IU (8.13%)