



Hummus

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz garbanzo beans drained canned (garbanzo beans)
- 16 servings parsley fresh chopped
- 1 garlic clove crushed
- 3 tablespoons juice of lemon
- 16 servings wholewheat pita breads raw for dipping, if desired
- 1 teaspoon salt
- 0.5 cup sesame seed

Equipment

food processor

blender

Directions

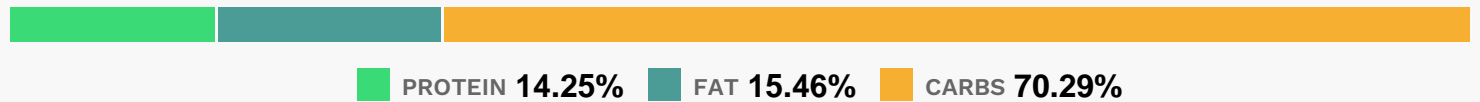
Place beans, reserved bean liquid, lemon juice, sesame seed, garlic and salt in blender or food processor. Cover and blend on high speed, stopping blender occasionally to scrape sides if necessary, until uniform consistency.

Spoon dip into serving dish.

Sprinkle with parsley.

Serve with pita bread wedges.

Nutrition Facts



Properties

Glycemic Index:14.65, Glycemic Load:30.28, Inflammation Score:-5, Nutrition Score:10.463913101217%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 206.59kcal (10.33%), Fat: 3.56g (5.47%), Saturated Fat: 0.48g (3%), Carbohydrates: 36.39g (12.13%), Net Carbohydrates: 33.29g (12.1%), Sugar: 0.12g (0.13%), Cholesterol: 0mg (0%), Sodium: 522.2mg (22.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.38g (14.75%), Vitamin K: 65.6µg (62.48%), Manganese: 0.61mg (30.62%), Copper: 0.33mg (16.66%), Vitamin B1: 0.2mg (13.31%), Fiber: 3.1g (12.4%), Iron: 2.05mg (11.38%), Calcium: 109.28mg (10.93%), Phosphorus: 107.9mg (10.79%), Magnesium: 40.41mg (10.1%), Vitamin B6: 0.19mg (9.45%), Vitamin C: 6.49mg (7.87%), Folate: 31.28µg (7.82%), Vitamin B3: 1.5mg (7.51%), Zinc: 1.06mg (7.09%), Vitamin A: 341.55IU (6.83%), Potassium: 153.25mg (4.38%), Vitamin B2: 0.07mg (4.38%), Vitamin B5: 0.32mg (3.25%), Selenium: 2.18µg (3.11%)