



Hummus



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

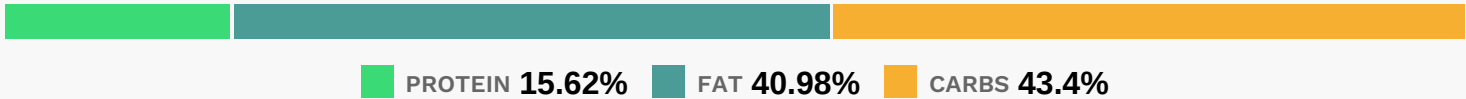
Equipment

- ☐ 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:3, Inflammation Score:-2, Nutrition Score:4.1343478842274%

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: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 60.86kcal (3.04%), Fat: 2.9g (4.46%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 5.09g (1.85%), Sugar: 0.09g (0.1%), Cholesterol: 0mg (0%), Sodium: 238.7mg (10.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.97%), Manganese: 0.35mg (17.69%), Copper: 0.24mg (11.97%), Vitamin B6: 0.17mg (8.39%), Fiber: 1.82g (7.28%), Magnesium: 24.88mg (6.22%), Iron: 1.08mg (6%), Calcium: 58.96mg (5.9%), Phosphorus: 54.8mg (5.48%), Vitamin K: 4.1µg (3.91%), Zinc: 0.58mg (3.88%), Vitamin B1: 0.06mg (3.75%), Folate: 12.98µg (3.24%), Selenium: 2.17µg (3.11%), Potassium: 69.47mg (1.98%), Vitamin C: 1.51mg (1.83%), Vitamin B3: 0.33mg (1.64%), Vitamin B2: 0.02mg (1.17%), Vitamin B5: 0.1mg (1.02%)