



Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



935 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15.5 ounce garbanzo beans canned
- ☐ 1 clove garlic peeled
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 1 serving bell pepper to taste
- ☐ 1 serving salt to taste
- ☐ 3 tablespoons tahini (sesame paste)

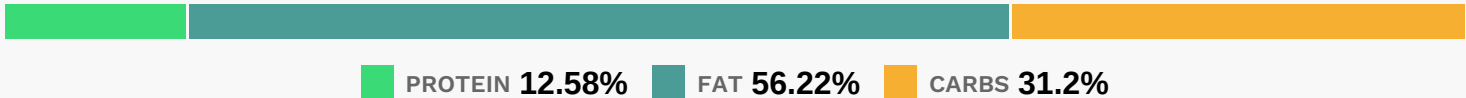
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Drain 1 can (15 1/2 oz.) garbanzos, reserving liquid. In a blender or food processor, whirl garbanzos, 3 tablespoons tahini (sesame paste), 2 tablespoons olive oil, 1 tablespoon lemon juice, 1 peeled clove garlic, and 1 teaspoon ground cumin until smooth. Thin with a few tablespoons reserved liquid if desired.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:107.33, Glycemic Load:17.36, Inflammation Score:-10, Nutrition Score:44.480000164198%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 935.25kcal (46.76%), Fat: 61.14g (94.07%), Saturated Fat: 8.18g (51.15%), Carbohydrates: 76.36g (25.45%), Net Carbohydrates: 53.03g (19.28%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 1438.68mg (62.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.79g (61.57%), Manganese: 3.8mg (189.85%), Vitamin C: 104.58mg (126.77%), Vitamin B6: 2.42mg (120.78%), Fiber: 23.33g (93.33%), Phosphorus: 742.17mg (74.22%), Copper: 1.44mg (71.92%), Vitamin B1: 0.92mg (61.23%), Iron: 9.26mg (51.46%), Vitamin A: 2455.23IU (49.1%), Folate: 191.51µg (47.88%), Magnesium: 179.31mg (44.83%), Zinc: 5.44mg (36.24%), Selenium: 24.89µg (35.55%), Vitamin E: 5.3mg (35.34%), Potassium: 1060.07mg (30.29%), Calcium: 247.81mg (24.78%), Vitamin B3: 3.96mg (19.82%), Vitamin K: 20.67µg (19.68%), Vitamin B5: 1.59mg (15.88%), Vitamin B2: 0.2mg (11.49%)