



Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



367 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 garlic clove crushed
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 15.5 ounce no-salt-added chickpeas rinsed drained canned (garbanzo beans)
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons tahini (sesame seed paste)
- ☐ 0.3 cup water

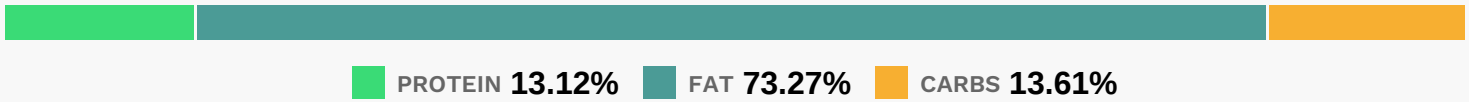
Equipment

☐ food processor

Directions

- ☐ Place beans and garlic in a food processor; pulse 5 times or until chopped.
- ☐ Add 1/4 cup water and remaining ingredients; pulse until smooth, scraping down sides as needed.
- ☐ Serve the hummus with wedges of soft whole-grain pita bread or tender raw vegetables like pea pods and cucumber halves or slightly steamed carrot sticks and broccoli florets.
- ☐ Spread the hummus on a whole-wheat tortilla wrap, and roll it into "pinwheel" bites.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:11.730000041911%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 367.31kcal (18.37%), Fat: 31.98g (49.2%), Saturated Fat: 6.18g (38.62%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 10.43g (3.79%), Sugar: 5.84g (6.49%), Cholesterol: 0mg (0%), Sodium: 83.82mg (3.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.88g (25.76%), Manganese: 0.81mg (40.6%), Vitamin B3: 7.41mg (37.06%), Vitamin E: 5.25mg (35.03%), Magnesium: 96.18mg (24.04%), Phosphorus: 214.43mg (21.44%), Copper: 0.29mg (14.75%), Folate: 52.04µg (13.01%), Vitamin B6: 0.25mg (12.69%), Fiber: 2.94g (11.76%), Zinc: 1.56mg (10.39%), Vitamin B1: 0.14mg (9.56%), Potassium: 328.14mg (9.38%), Vitamin B2: 0.11mg (6.52%), Iron: 1.14mg (6.34%), Vitamin B5: 0.59mg (5.88%), Selenium: 3.6µg (5.14%), Calcium: 33.33mg (3.33%), Vitamin C: 1.36mg (1.65%), Vitamin K: 1.22µg (1.17%)