



Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups chickpeas canned drained ()
- ☐ 0.3 cup olive oil extra virgin for drizzling
- ☐ 8 servings parsley leaves fresh chopped for garnish
- ☐ 2 garlic cloves peeled to taste
- ☐ 1 juice of lemon as needed plus more
- ☐ 1 tablespoon paprika for garnish plus a sprinkling to taste
- ☐ 8 servings salt and pepper black to taste
- ☐ 0.5 cup tahini with some of its oil

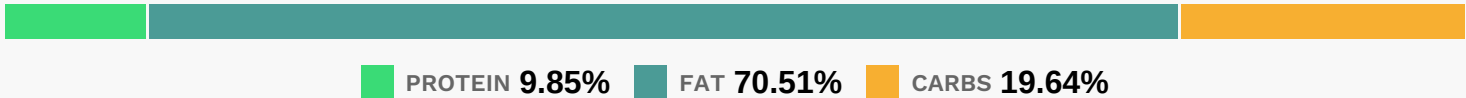
Equipment

☐ food processor

Directions

- ☐ Put everything except the parsley in a food processor and begin to process; add the chickpea liquid or water as needed to allow the machine to produce a smooth puree.
- ☐ Taste and adjust the seasoning (I often find I like to add much more lemon juice).
- ☐ Serve, drizzled with the olive oil and sprinkled with a bit more cumin or paprika and some parsley.
- ☐ and the classic bestseller How to Cook Everything, which has sold more than one million copies. He is also the coauthor, with Jean-Georges Vongerichten, of Simple to Spectacular and Jean-Georges: Cooking at Home with a Four-Star Chef. Mr. Bittman is a prolific writer, makes frequent appearances on radio and television, and is the host of The Best Recipes in the World, a 13-part series on public television. He lives in New York and Connecticut.

Nutrition Facts



Properties

Glycemic Index:13.42, Glycemic Load:1.62, Inflammation Score:-5, Nutrition Score:10.502173957617%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 190.74kcal (9.54%), Fat: 15.71g (24.17%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 7.1g (2.58%), Sugar: 0.15g (0.17%), Cholesterol: 0mg (0%), Sodium: 316.82mg (13.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.94g (9.88%), Vitamin K: 69.72µg (66.4%), Manganese: 0.38mg (19.01%), Vitamin B1: 0.26mg (17.48%), Copper: 0.32mg (15.98%), Phosphorus: 158.81mg (15.88%), Vitamin B6: 0.23mg

(11.72%), Fiber: 2.75g (10.99%), Iron: 1.97mg (10.93%), Vitamin C: 7.73mg (9.37%), Selenium: 6.13µg (8.76%), Folate: 31.88µg (7.97%), Magnesium: 30.48mg (7.62%), Vitamin A: 362.98IU (7.26%), Zinc: 1.07mg (7.11%), Vitamin E: 1.03mg (6.89%), Calcium: 49.77mg (4.98%), Vitamin B3: 0.99mg (4.97%), Potassium: 170.44mg (4.87%), Vitamin B2: 0.03mg (1.88%), Vitamin B5: 0.15mg (1.48%)