



Hummus



Vegetarian



Gluten Free



Popular

READY IN



720 min.

SERVINGS



8

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons butter
- ☐ 30 ounce chickpeas drained and rinsed canned (- 3 cups)
- ☐ 1 cup chickpeas dried picked over
- ☐ 1 cloves garlic finely chopped
- ☐ 0.3 cup juice of lemon (- 1 lemon)
- ☐ 8 ounces mushrooms sliced
- ☐ 1 small onion diced sliced

- ☐ 1 tablespoon parsley chopped
- ☐ 8 servings salt to taste
- ☐ 8 servings salt and pepper to taste
- ☐ 0.5 cup tahini
- ☐ 0.5 teaspoon thyme leaves chopped
- ☐ 0.3 cup white wine

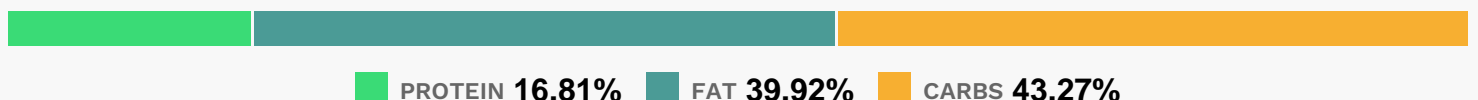
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot

Directions

- ☐ Cover the chickpeas in two inches of water, mix in the baking soda and let sit over night before rinsing well.
- ☐ Place the chickpeas in a pot, cover with 2 inches water, bring to a boil, reduce the heat to medium-low and simmer until the chickpeas are tender enough that you can crush them between your fingers and that you can easily pinch of their skins, about 1 1/2 – 2 hours before draining, reserving 1 cup of the cooking liquid. Skim off any scum that may form on the surface of the water after bringing it to a boil. Puree everything in a food processor adding as much of the reserved cooking liquid as needed to get the hummus to the desired consistency. Puree everything in a food processor adding as much water as needed to get the desired consistency. Melt the butter in a pan over medium heat add the onions and mushrooms and cook until the mushrooms release their moisture, it evaporates and the mushrooms start to caramelize and turn golden brown, about 15–20 minutes.
- ☐ Add the garlic and thyme and cook until fragrant, about a minute.
- ☐ Add the wine, deglaze the pan and cook until most of the liquid has evaporated. Season with salt and pepper and enjoy!

Nutrition Facts



Properties

Glycemic Index:36.48, Glycemic Load:6.58, Inflammation Score:-7, Nutrition Score:19.736521634071%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 316.88kcal (15.84%), Fat: 14.5g (22.31%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 35.38g (11.79%), Net Carbohydrates: 25.15g (9.15%), Sugar: 3.88g (4.31%), Cholesterol: 7.53mg (2.51%), Sodium: 787.85mg (34.25%), Alcohol: 0.77g (100%), Alcohol %: 0.48% (100%), Protein: 13.75g (27.49%), Manganese: 1.47mg (73.26%), Folate: 189.54µg (47.39%), Fiber: 10.23g (40.92%), Copper: 0.71mg (35.69%), Vitamin B6: 0.71mg (35.6%), Phosphorus: 325.76mg (32.58%), Vitamin B1: 0.42mg (28.16%), Iron: 3.78mg (21%), Magnesium: 76.96mg (19.24%), Selenium: 12.12µg (17.32%), Zinc: 2.48mg (16.5%), Potassium: 562.75mg (16.08%), Vitamin B2: 0.21mg (12.25%), Vitamin B3: 2.43mg (12.15%), Vitamin B5: 1.17mg (11.72%), Vitamin K: 10.77µg (10.25%), Calcium: 91.56mg (9.16%), Vitamin C: 6.91mg (8.38%), Vitamin A: 178.94IU (3.58%), Vitamin E: 0.31mg (2.04%)