



Hummus



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

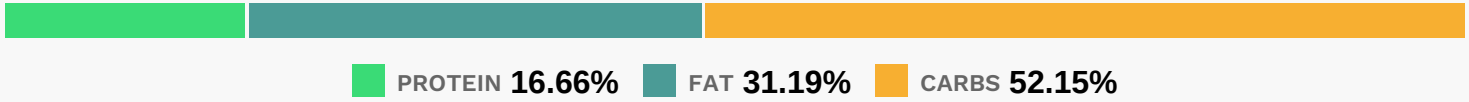
- ☐ 15 ounces chickpeas drained and rinsed
- ☐ 0.5 tsp coriander
- ☐ 0.5 tsp cumin
- ☐ 1 juice of lemon whole juiced
- ☐ 2 tbsp vegan mayo fat-free ()
- ☐ 2 tsp water
- ☐ 1 garlic cloves whole

Equipment

Directions

- ☐ Blend until smooth and creamy.
- ☐ Add additional water or mayo if necessary and salt to taste. Try mixing in jalapenos, roasted red peppers or other ingredients to give the basic recipe a little flare.
- ☐ Amount Per Serving
- ☐ Calories
- ☐ 20Fat
- ☐ Carbohydrate
- ☐ gDietary Fiber4gSugars0.40gProtein4.60g

Nutrition Facts



Properties

Glycemic Index:17.84, Glycemic Load:2.76, Inflammation Score:-3, Nutrition Score:6.2604348191425%

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 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: 112.49kcal (5.62%), Fat: 4g (6.15%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 15.03g (5.01%), Net Carbohydrates: 10.96g (3.99%), Sugar: 2.67g (2.97%), Cholesterol: 1.45mg (0.48%), Sodium: 26mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Manganese: 0.56mg (27.93%), Folate: 92.38µg (23.09%), Fiber: 4.07g (16.29%), Copper: 0.19mg (9.54%), Phosphorus: 91.53mg (9.15%), Iron: 1.64mg (9.09%), Vitamin K: 7.78µg (7.41%), Magnesium: 26.34mg (6.58%), Zinc: 0.83mg (5.54%), Potassium: 163.01mg (4.66%), Vitamin B1: 0.06mg (4.3%), Vitamin B6: 0.08mg (4.05%), Selenium: 2.11µg (3.01%), Calcium: 28.43mg (2.84%), Vitamin C: 2.27mg (2.75%), Vitamin B2: 0.04mg (2.09%), Vitamin E: 0.31mg (2.06%), Vitamin B5: 0.17mg (1.65%), Vitamin B3: 0.29mg (1.46%)