



Hummus and Crudités



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

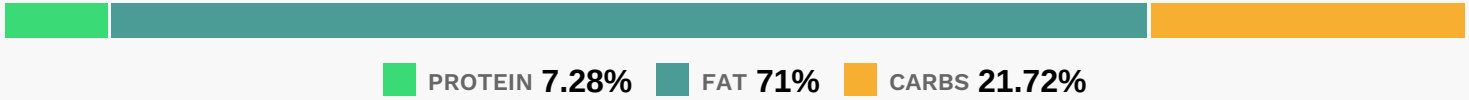
- ☐ 15 ounce garbanzo beans drained canned (chickpeas)
- ☐ 1 small garlic clove pressed
- ☐ 0.3 teaspoon ground cumin
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 6 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 0.5 teaspoon sugar

Equipment

Directions

- ☐
- Puree beans, garlic, 3 tablespoons oliveoil, and lemon juice in processor.
- ☐
- Add3 tablespoons oil, sugar, and cumin. Pureeuntil very smooth, about 1 1/2 minutes.Season with salt and pepper.
- ☐
- Transfer tobowl. Cover; chill at least 1 hour. DO AHEAD: Can be made 1 week ahead. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:24.24, Glycemic Load:2.88, Inflammation Score:-2, Nutrition Score:5.5969565530186%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 190.12kcal (9.51%), Fat: 15.42g (23.73%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 10.61g (3.54%), Net Carbohydrates: 7.45g (2.71%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 197.61mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Manganese: 0.59mg (29.59%), Vitamin B6: 0.35mg (17.26%), Vitamin E: 2.03mg (13.54%), Fiber: 3.16g (12.64%), Vitamin K: 8.44µg (8.04%), Phosphorus: 58.48mg (5.85%), Iron: 1.02mg (5.67%), Copper: 0.11mg (5.59%), Magnesium: 20.02mg (5%), Folate: 19.24µg (4.81%), Vitamin C: 3.14mg (3.8%), Zinc: 0.5mg (3.35%), Potassium: 113.42mg (3.24%), Calcium: 27.08mg (2.71%), Vitamin B5: 0.22mg (2.25%), Selenium: 1.5µg (2.15%), Vitamin B1: 0.03mg (1.73%)