



## Hummus de Aguacate y Limón (Avocado and Lime Hummus)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 avocado diced peeled
- 0.3 teaspoon pepper black
- 1 can chickpeas rinsed drained (garbanzo beans)
- 0.3 cup cilantro leaves fresh plus more for garnish
- 2 garlic cloves crushed
- 0.5 teaspoon ground cumin
- 4 tablespoons juice of lime fresh

- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 4 tablespoons tahini
- 0.3 cup water

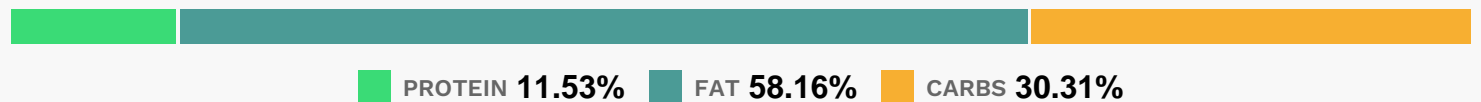
## Equipment

- food processor

## Directions

- Place the garbanzo beans and garlic in a food processor and mix for about 20 seconds.
- Add the remaining ingredients and process to form a smooth paste.
- Serve or store in a covered container in the refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:22.42, Glycemic Load:2.34, Inflammation Score:-3, Nutrition Score:7.9113043391186%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 153.63kcal (7.68%), Fat: 10.56g (16.25%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 7.77g (2.83%), Sugar: 0.31g (0.34%), Cholesterol: 0mg (0%), Sodium: 308.28mg (13.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.42%), Manganese: 0.53mg (26.37%), Fiber: 4.62g (18.46%), Vitamin B6: 0.36mg (17.86%), Copper: 0.26mg (13.19%), Phosphorus: 120.78mg (12.08%), Folate: 42.96µg (10.74%), Vitamin B1: 0.16mg (10.58%), Magnesium: 31.26mg (7.81%), Vitamin K: 8.05µg (7.66%), Potassium: 255.32mg (7.29%), Iron: 1.29mg (7.19%), Vitamin C: 5.51mg (6.68%), Zinc: 0.92mg (6.15%), Selenium: 3.94µg (5.63%), Vitamin E:

0.81mg (5.38%), Vitamin B5: 0.54mg (5.36%), Vitamin B3: 0.96mg (4.81%), Calcium: 37.92mg (3.79%), Vitamin B2:  
0.05mg (3.14%), Vitamin A: 89.69IU (1.79%)