



Hummus Dip

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 30 ounce chickpeas drained and rinsed canned
- 2 tablespoons parsley leaves fresh plus more for garnish roughly chopped
- 2 cloves garlic peeled
- 0.5 teaspoon ground cumin
- 0.5 juice of lemon juiced
- 0.5 cup olive oil extra-virgin as needed plus more for garnish
- 8 servings paprika for garnish
- 12 grinds pepper black

- 1.5 teaspoon salt
- 0.5 teaspoon asian sesame oil dark
- 0.3 cup water

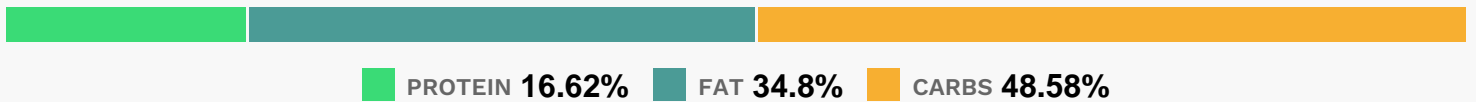
Equipment

- blender
- plastic wrap

Directions

- Watch how to make this recipe.
- In a blender combine all the ingredients except the parsley and paprika to be used for garnish. Blend on low speed until smooth. You'll have to stop the blender often to push down the ingredients. If the mixture is too dry and you're having trouble blending it, add a few more tablespoons of olive oil to help things along.
- Scrape the hummus onto a plate.
- Sprinkle the paprika over the top, drizzle lightly with olive oil, scatter some parsley on top, and serve. You can make the hummus up to a couple of hours before you serve it. Cover the top with plastic wrap and leave it at room temperature.
- Per Tablespoon: Calories: 57; Total Fat: 4 grams; Saturated Fat: 0.5 grams; Protein: 1 gram; Total carbohydrates: 5 grams; Sugar: 0 grams; Fiber: 1 gram; Cholesterol: 0 milligrams; Sodium: 96 milligrams

Nutrition Facts



Properties

Glycemic Index:19.29, Glycemic Load:4.22, Inflammation Score:-7, Nutrition Score:10.440869554229%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg,

Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 131.4kcal (6.57%), Fat: 5.37g (8.27%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 11.05g (4.02%), Sugar: 0.28g (0.31%), Cholesterol: 0mg (0%), Sodium: 734.57mg (31.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.55%), Manganese: 1.11mg (55.62%), Vitamin B6: 0.56mg (28.08%), Fiber: 5.82g (23.29%), Vitamin A: 1095.24IU (21.9%), Vitamin K: 22.14µg (21.09%), Iron: 2.05mg (11.41%), Copper: 0.2mg (10.18%), Phosphorus: 96.2mg (9.62%), Magnesium: 36.17mg (9.04%), Folate: 29.74µg (7.44%), Vitamin E: 1mg (6.7%), Potassium: 231.45mg (6.61%), Zinc: 0.87mg (5.77%), Calcium: 52.97mg (5.3%), Vitamin B5: 0.4mg (4%), Selenium: 2.44µg (3.49%), Vitamin B1: 0.05mg (3.06%), Vitamin C: 2.42mg (2.94%), Vitamin B2: 0.05mg (2.69%), Vitamin B3: 0.38mg (1.91%)