



Hummus For Real



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



172 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon baking soda
- ☐ 1 pound chickpeas dry rinsed
- ☐ 2 cloves garlic minced
- ☐ 1.5 teaspoons kosher salt
- ☐ 5 tablespoons juice of lemon freshly squeezed
- ☐ 0.3 cup olive oil extra-virgin for serving
- ☐ 10 servings powdered sumac
- ☐ 0.3 cup tahini well

- ☐ 0.3 cup water
- ☐ 7 cups water

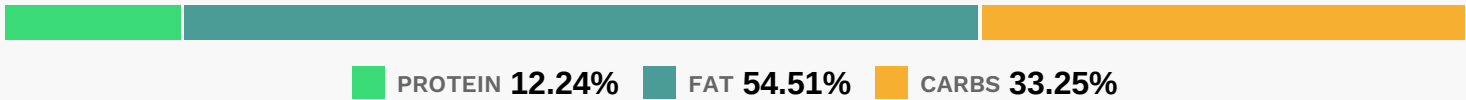
Equipment

- ☐ food processor
- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: A 2 1/2-quart slow cooker
- ☐ Place the chickpeas, garlic, and kosher salt in the bowl of a food processor. Process for 15 to 20 seconds. Stop, scrape down the sides of the bowl, and process for another 15 to 20 seconds.
- ☐ Add the lemon juice and water. Process for 20 seconds.
- ☐ Add the tahini. Process for 20 seconds, then scrape down the sides of the bowl. With the processor running, drizzle in the olive oil.
- ☐ To serve, transfer the hummus to a bowl and drizzle with additional olive oil and sprinkle with sumac, to taste, if desired.
- ☐ Place the water, chickpeas, and baking soda in a 2 1/2-quart slow cooker. Cover and cook on high heat for 4 hours, or on low heat for 8 to 9 hours, or until tender.
- ☐ Drain and serve immediately, or use in desired dish.

Nutrition Facts



Properties

Glycemic Index:5.57, Glycemic Load:2.37, Inflammation Score:-3, Nutrition Score:7.4678261798361%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 172.03kcal (8.6%), Fat: 10.84g (16.67%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 11.02g (4.01%), Sugar: 2.37g (2.64%), Cholesterol: 0mg (0%), Sodium: 391.02mg (17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.95%), Manganese: 0.48mg (23.95%), Folate: 87.38µg (21.84%), Copper: 0.32mg (15.96%), Fiber: 3.86g (15.43%), Phosphorus: 140.92mg (14.09%), Vitamin B1: 0.18mg (12.19%), Iron: 1.71mg (9.52%), Magnesium: 31.7mg (7.92%), Zinc: 1.09mg (7.28%), Selenium: 4.52µg (6.46%), Vitamin E: 0.95mg (6.32%), Potassium: 178.97mg (5.11%), Vitamin C: 4.02mg (4.87%), Vitamin K: 5.08µg (4.83%), Vitamin B6: 0.09mg (4.3%), Calcium: 40.46mg (4.05%), Vitamin B3: 0.7mg (3.5%), Vitamin B2: 0.04mg (2.35%), Vitamin B5: 0.14mg (1.43%)