Hummus French Bread

Vegetarian

READY IN	SERVINGS	CALORIES
15 min.	16	105 kcal

Ingredients

- [ ] 15 ounce garbanzo beans drained canned (chickpeas)
- [ ] 16 ounce bread split french
- [ ] 3 cloves garlic minced
- [ ] 1 teaspoon ground cumin
- [ ] 1 teaspoon juice of lemon fresh
- [ ] 0.3 cup nonfat cream sour
- [ ] 0.1 teaspoon salt

Equipment

- [ ] food processor

- [ ] bowl
- [ ] baking sheet
- [ ] oven
- [ ] knife

Directions

- [ ] Place bread halves on a baking sheet.
- [ ] Bake at 350 for 10 minutes or until lightly toasted.
- [ ] While bread bakes, position knife blade in food processor bowl; add beans and remaining 5 ingredients. Process 1 minute or until smooth, stopping once to scrape down sides.
- [ ] Spread bean mixture evenly on cut sides of bread, and slice.

Nutrition Facts

PROTEIN **17.17%** FAT **10.51%** CARBS **72.32%**

Properties

Glycemic Index:9.74, Glycemic Load:12.37, Inflammation Score:-2, Nutrition Score:5.2852173700281%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 104.53kcal (5.23%), Fat: 1.24g (1.9%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 17.3g (6.29%), Sugar: 1.34g (1.49%), Cholesterol: 0.32mg (0.11%), Sodium: 268.09mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.08%), Manganese: 0.38mg (18.98%), Vitamin B1: 0.21mg (14.21%), Selenium: 8.92µg (12.74%), Folate: 42µg (10.5%), Iron: 1.53mg (8.49%), Vitamin B6: 0.16mg (8.22%), Vitamin B2: 0.13mg (7.74%), Fiber: 1.82g (7.28%), Vitamin B3: 1.41mg (7.07%), Phosphorus: 55.95mg (5.6%), Copper: 0.09mg (4.36%), Magnesium: 17.22mg (4.31%), Zinc: 0.51mg (3.39%), Calcium: 30.75mg (3.07%), Potassium: 80.89mg (2.31%), Vitamin B5: 0.18mg (1.78%)