



Hummus (Garbanzo Beans Dip)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 can chickpeas rinsed drained (garbanzo beans)
- ☐ 1 garlic clove crushed
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 5 tablespoons tahini
- ☐ 0.3 cup water

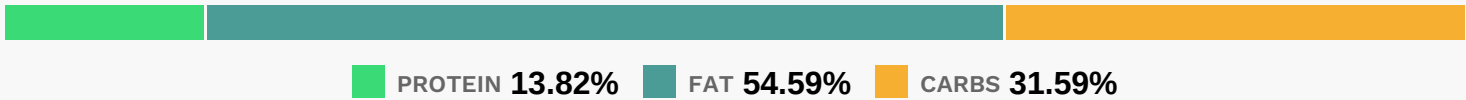
Equipment

☐ 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:20.47, Glycemic Load:3.39, Inflammation Score:-3, Nutrition Score:9.4660869784977%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg 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: 196.4kcal (9.82%), Fat: 12.55g (19.3%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 11.57g (4.21%), Sugar: 0.23g (0.26%), Cholesterol: 0mg (0%), Sodium: 490.53mg (21.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.3%), Manganese: 0.77mg (38.28%), Vitamin B6: 0.46mg (23.15%), Copper: 0.39mg (19.34%), Phosphorus: 192.78mg (19.28%), Fiber: 4.76g (19.03%), Vitamin B1: 0.27mg (18.06%), Iron: 1.82mg (10.12%), Selenium: 7.07µg (10.1%), Magnesium: 39.7mg (9.92%), Folate: 39.19µg (9.8%), Zinc: 1.33mg (8.88%), Potassium: 212.4mg (6.07%), Calcium: 55.46mg (5.55%), Vitamin C: 4.39mg (5.32%), Vitamin B3: 0.98mg (4.89%), Vitamin B5: 0.29mg (2.88%), Vitamin E: 0.42mg (2.79%), Vitamin B2: 0.03mg (1.99%), Vitamin K: 1.86µg (1.77%)