

Hummus II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups garbanzo beans canned drained
- ☐ 1 teaspoon parsley fresh minced
- ☐ 2 cloves garlic halved
- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 pinch paprika
- ☐ 1 teaspoon salt
- ☐ 0.3 cup tahini

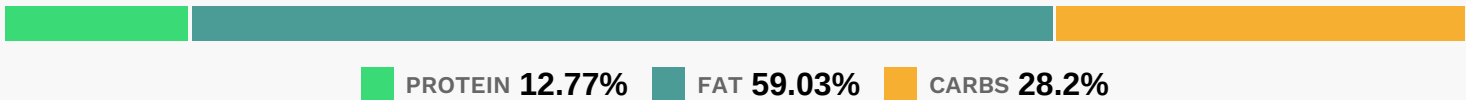
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Place the garbanzo beans, tahini, lemon juice, salt and garlic in a blender or food processor. Blend until smooth.
- ☐ Transfer mixture to a serving bowl.
- ☐ Drizzle olive oil over the garbanzo bean mixture.
- ☐ Sprinkle with paprika and parsley.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:1.57, Inflammation Score:-2, Nutrition Score:5.205217383478%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 113.58kcal (5.68%), Fat: 7.87g (12.11%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 6.15g (2.23%), Sugar: 0.2g (0.22%), Cholesterol: 0mg (0%), Sodium: 408.42mg (17.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.67%), Manganese: 0.35mg (17.49%), Vitamin B1: 0.18mg (11.7%), Copper: 0.23mg (11.38%), Phosphorus: 113.6mg (11.36%), Vitamin B6: 0.22mg (11.1%), Fiber: 2.32g (9.27%), Selenium: 4.38µg (6.25%), Iron: 0.98mg (5.45%), Folate: 21.62µg (5.41%), Magnesium: 21.25mg (5.31%), Zinc: 0.76mg (5.06%), Vitamin C: 3.66mg (4.44%), Potassium: 116.23mg (3.32%), Vitamin B3: 0.63mg (3.15%), Calcium: 30.51mg (3.05%), Vitamin E: 0.27mg (1.79%), Vitamin B5: 0.14mg (1.37%), Vitamin K: 1.28µg (1.22%), Vitamin B2: 0.02mg (1.19%)