



Hummus in the Blender

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup veggie broth canned (or the liquid from 1 can of chickpeas)
- 0.1 teaspoon chipotle chili powder
- 3 cups chickpeas cooked drained (or 2 15-ounce cans, 1)
- 0.3 teaspoon cumin
- 2 cloves garlic peeled
- 2 tablespoons juice of lemon fresh
- 8 servings salt to taste
- 0.3 teaspoon paprika smoked

2 tablespoons sesame seed (or 4 tablespoons sesame seeds)

Equipment

blender

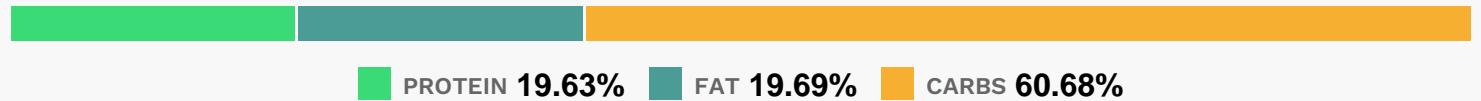
spatula

Directions

Place all ingredients except salt in the blender in the order listed, using the smaller amounts. Start the machine on low and increase speed to high. Use the Vitamix plunger to break up air pockets and push chickpeas toward the blades, if necessary. (Other blenders: Stop and use a spatula to do this.) If the mixture is too thick, add additional water a little at a time. Turn up to the highest speed and blend for a few seconds until hummus is completely smooth. Stop blender and taste the hummus.

Add additional seasonings and salt to taste and blend briefly to combine. Store hummus in a sealed container in the refrigerator. It's best after it's had a chance to rest for at least an hour, but use within a week.

Nutrition Facts



Properties

Glycemic Index:19.47, Glycemic Load:3.42, Inflammation Score:-4, Nutrition Score:7.858695667723%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 115.86kcal (5.79%), Fat: 2.63g (4.04%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 18.2g (6.07%), Net Carbohydrates: 13.22g (4.81%), Sugar: 3.26g (3.62%), Cholesterol: 0mg (0%), Sodium: 287.27mg (12.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.78%), Manganese: 0.7mg (34.99%), Folate: 108.54µg (27.13%), Fiber: 4.98g (19.91%), Copper: 0.3mg (15.12%), Iron: 2.15mg (11.92%), Phosphorus: 117.95mg (11.79%), Magnesium: 37.34mg (9.34%), Zinc: 1.11mg (7.43%), Vitamin B1: 0.09mg (6.02%), Vitamin B6: 0.11mg (5.73%), Potassium: 198.39mg (5.67%), Calcium: 52.17mg (5.22%), Selenium: 3.09µg (4.41%), Vitamin C: 2.49mg (3.02%), Vitamin B2:

0.05mg (2.73%), Vitamin K: 2.56µg (2.44%), Vitamin B3: 0.44mg (2.18%), Vitamin A: 104.85IU (2.1%), Vitamin B5:
0.19mg (1.88%), Vitamin E: 0.26mg (1.72%)