



Hummus (Low Fat)

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



14

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

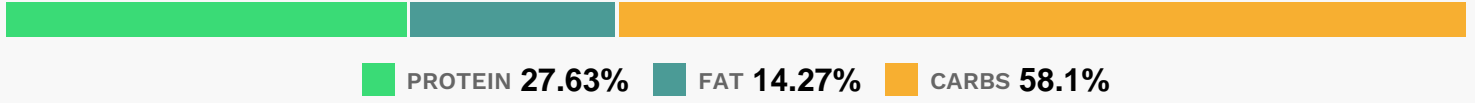
APPETIZER

Ingredients

- 16 ounce garbanzo beans canned
- 0.8 teaspoon ground cumin
- 0.5 teaspoon ground pepper red
- 1.5 tablespoons juice of lemon
- 0.8 cup yogurt plain
- 0.8 cup yogurt plain
- 0.5 teaspoon salt

Equipment

Nutrition Facts



Properties

Glycemic Index:5.52, Glycemic Load:1.2, Inflammation Score:-1, Nutrition Score:3.2934782608696%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 44.19kcal (2.21%), Fat: 0.72g (1.11%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 6.59g (2.2%), Net Carbohydrates: 5.12g (1.86%), Sugar: 2.07g (2.3%), Cholesterol: 0.53mg (0.17%), Sodium: 193.55mg (8.42%), Protein: 3.13g (6.26%), Manganese: 0.27mg (13.59%), Vitamin B6: 0.17mg (8.51%), Phosphorus: 68mg (6.8%), Calcium: 64.83mg (6.48%), Fiber: 1.46g (5.84%), Vitamin B2: 0.07mg (3.97%), Magnesium: 14.33mg (3.58%), Potassium: 118.62mg (3.39%), Zinc: 0.49mg (3.24%), Folate: 11.66µg (2.91%), Iron: 0.5mg (2.78%), Copper: 0.06mg (2.75%), Vitamin B5: 0.27mg (2.67%), Vitamin B12: 0.16µg (2.67%), Selenium: 1.61µg (2.3%), Vitamin B1: 0.02mg (1.62%), Vitamin C: 0.95mg (1.16%)