



Hummus (Or Humus) - Authentic

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



490 min.

SERVINGS



6

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

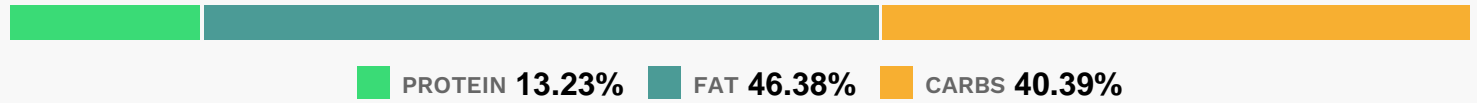
Ingredients

- 1 pinch ground pepper
- 2 teaspoons ground cumin
- 1 cup chickpeas dried (garbanzos)
- 4 garlic clove
- 0.3 cup juice of lemon
- 3 tablespoons olive oil
- 1.5 teaspoons salt
- 1 pinch paprika sweet for serving

2 tablespoons tahini

Equipment

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:3.16, Inflammation Score:-6, Nutrition Score:12.149565217391%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 221.8kcal (11.09%), Fat: 11.88g (18.28%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 17.03g (6.19%), Sugar: 3.96g (4.4%), Cholesterol: 0mg (0%), Sodium: 592.97mg (25.78%), Protein: 7.62g (15.24%), Folate: 193.5µg (48.38%), Manganese: 0.8mg (39.82%), Fiber: 6.25g (25%), Copper: 0.38mg (18.92%), Phosphorus: 169.54mg (16.95%), Vitamin B1: 0.25mg (16.7%), Iron: 2.87mg (15.94%), Magnesium: 47.17mg (11.79%), Vitamin B6: 0.22mg (11.19%), Potassium: 352.84mg (10.08%), Zinc: 1.45mg (9.64%), Vitamin E: 1.38mg (9.19%), Vitamin C: 7.48mg (9.07%), Vitamin K: 7.43µg (7.08%), Selenium: 4.8µg (6.86%), Vitamin B5: 0.56mg (5.63%), Calcium: 53.53mg (5.35%), Vitamin B2: 0.09mg (5.02%), Vitamin B3: 0.87mg (4.35%), Vitamin A: 124.17IU (2.48%)