






 **45%**
HEALTH SCORE

Hummus... Smooth & Creamy

 Vegetarian  Gluten Free

READY IN

25 min.

SERVINGS

4

CALORIES

331 kcal

ANTIPASTI | STARTER | SNACK | APPETIZER

Ingredients

- 13 ounces chickpeas
- 0.5 garlic clove
- 3 small garlic clove
- 0.5 large jalapeno
- 1 juice of lemon whole
- 4 tablespoons juice of lemon
- 0.5 cup olive oil
- 4 servings salt

- 5 tablespoons tahini
- 4 tablespoons yogurt (middle eastern)

Equipment

Directions

Place the beans and garlic cloves in a saucepot and bring to a boil. Save broth for reserve.

Place only the beans and garlic in food processor.

Run the processor to grind up the beans.

Add olive oil, tahini, yogurt, lemon juice, salt and 3/4 cup reserved broth from beans.

You will need to let it blend in the food processor for about 10 minutes to get creamy.

Afterwards if you want it a bit looser add a tiny bit of broth and stir well.

Meanwhile combine garlic, hot pepper and salt in a mortar pestle and smash until mush.

Add lemon juice to the garlic/jalapeño condiment and stir well.

Spread out hummus on a plate, place a few tablespoons of the tetbeleh in the middle.

Place in the refrigerator for about an hour or so.

Decorate with paprika.

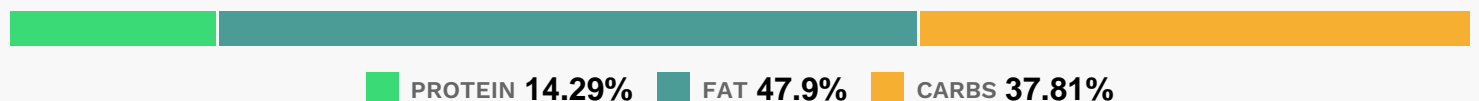
Drizzle with olive oil.

Serve with pita wedges.

Hummus will last for 2 days in the fridge.

Enjoy!

Nutrition Facts



Properties

Glycemic Index:34.19, Glycemic Load:5.14, Inflammation Score:-6, Nutrition Score:16.329130434783%

Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 331.41kcal (16.57%), Fat: 18.45g (28.38%), Saturated Fat: 2.82g (17.61%), Carbohydrates: 32.76g (10.92%), Net Carbohydrates: 24.71g (8.98%), Sugar: 6.02g (6.69%), Cholesterol: 2.6mg (0.87%), Sodium: 216.83mg (9.43%), Protein: 12.38g (24.76%), Manganese: 1mg (49.93%), Folate: 183.3µg (45.83%), Phosphorus: 328.18mg (32.82%), Fiber: 8.06g (32.22%), Copper: 0.64mg (32.02%), Vitamin B1: 0.42mg (28.14%), Iron: 3.6mg (20%), Magnesium: 66.71mg (16.68%), Vitamin C: 13.69mg (16.59%), Zinc: 2.44mg (16.26%), Selenium: 10.7µg (15.29%), Potassium: 423.31mg (12.09%), Vitamin B6: 0.21mg (10.64%), Calcium: 102.27mg (10.23%), Vitamin B3: 1.62mg (8.09%), Vitamin E: 1.21mg (8.07%), Vitamin K: 7.34µg (6.99%), Vitamin B2: 0.12mg (6.85%), Vitamin B5: 0.39mg (3.92%), Vitamin A: 77.69IU (1.55%), Vitamin B12: 0.07µg (1.23%)