

Hummus Spread



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



275 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.3 cup parsley fresh coarsely chopped
- ☐ 4 garlic cloves
- ☐ 2 tablespoons juice of lemon
- ☐ 15 ounce no-salt-added chickpeas undrained canned (garbanzo beans)
- ☐ 2 tablespoons tahini (sesame-seed paste)

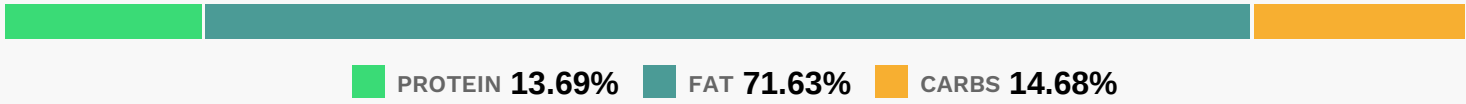
Equipment

- ☐ food processor

Directions

- ☐ Drop garlic and parsley through food chute with food processor on, and process until minced.
- ☐ Add the remaining ingredients, and process until smooth.
- ☐ Serve the remaining hummus spread as a tasty snack with baked pita bread wedges.

Nutrition Facts



Properties

Glycemic Index:6.2, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:10.51652168191%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 275.04kcal (13.75%), Fat: 23.47g (36.11%), Saturated Fat: 4.61g (28.79%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 8.48g (3.08%), Sugar: 4.57g (5.07%), Cholesterol: 0mg (0%), Sodium: 9.35mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.19%), Manganese: 0.65mg (32.31%), Vitamin B3: 5.77mg (28.85%), Vitamin E: 3.89mg (25.91%), Vitamin K: 24.75µg (23.57%), Magnesium: 75.52mg (18.88%), Phosphorus: 169.1mg (16.91%), Copper: 0.23mg (11.7%), Folate: 42.85µg (10.71%), Vitamin B6: 0.21mg (10.48%), Fiber: 2.35g (9.4%), Zinc: 1.24mg (8.25%), Vitamin B1: 0.12mg (7.73%), Potassium: 267.27mg (7.64%), Iron: 0.99mg (5.49%), Vitamin B2: 0.09mg (5.21%), Vitamin B5: 0.47mg (4.68%), Vitamin C: 3.66mg (4.43%), Selenium: 2.95µg (4.21%), Calcium: 29.49mg (2.95%), Vitamin A: 128.66IU (2.57%)