



Hummus with Preserved Lemon and Sun-Dried Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup chickpeas dried (garbanzo beans)
- 1 tablespoon parsley fresh chopped
- 2 garlic clove minced
- 0.5 teaspoon ground cumin
- 0.3 cup juice of lemon fresh
- 1 tablespoon olive oil extra virgin extra-virgin

- 2 tablespoons simple preserved lemons diced divided
- 0.5 teaspoon salt
- 0.5 cup sun-dried olives chopped
- 0.3 cup tahini (sesame seed paste)
- 6 cups water

Equipment

- food processor
- bowl
- sauce pan
- colander

Directions

- Sort and wash chickpeas; place in a bowl. Cover chickpeas with water to 2 inches above chickpeas; cover and let stand 8 hours.
- Drain.
- Combine chickpeas and 6 cups water in a large saucepan; bring to a boil. Reduce heat, and simmer 2 hours or until very tender.
- Drain in a colander over a bowl; reserve 2/3 cup cooking liquid.
- Place tomatoes in a bowl; cover with boiling water. Cover and let stand 20 minutes or until tender; drain. Set aside 1 tablespoon tomatoes.
- Combine chickpeas, reserved 2/3 cup cooking liquid, tahini, juice, salt, cumin, pepper, and garlic in a food processor; process until smooth.
- Stir in tomatoes and 1 tablespoon preserved lemon. Spoon mixture onto a serving plate; spread to a 3/4-inch thickness.
- Sprinkle with reserved 1 tablespoon tomatoes, remaining 1 tablespoon preserved lemon, and parsley.
- Drizzle with oil.

Nutrition Facts



■ PROTEIN 15.85% ■ FAT 36.9% ■ CARBS 47.25%

Properties

Glycemic Index:12.46, Glycemic Load:2.13, Inflammation Score:-4, Nutrition Score:8.0504347656084%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 115.52kcal (5.78%), Fat: 5g (7.7%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 10.59g (3.85%), Sugar: 3.72g (4.14%), Cholesterol: 0mg (0%), Sodium: 113.96mg (4.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.84g (9.67%), Folate: 102.4µg (25.6%), Manganese: 0.47mg (23.49%), Copper: 0.31mg (15.49%), Fiber: 3.87g (15.48%), Vitamin B1: 0.19mg (12.42%), Phosphorus: 118.66mg (11.87%), Iron: 1.78mg (9.88%), Potassium: 337.15mg (9.63%), Vitamin K: 9.72µg (9.26%), Magnesium: 34.97mg (8.74%), Vitamin C: 5.25mg (6.36%), Zinc: 0.92mg (6.15%), Vitamin B6: 0.12mg (6.06%), Selenium: 3.42µg (4.89%), Vitamin B3: 0.97mg (4.85%), Vitamin B2: 0.07mg (3.87%), Vitamin B5: 0.37mg (3.72%), Calcium: 35.84mg (3.58%), Vitamin E: 0.32mg (2.13%), Vitamin A: 84.29IU (1.69%)