



Hummus with Sun-dried Tomatoes

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce chickpeas rinsed drained canned
- ☐ 0.3 teaspoon basil dried
- ☐ 1 garlic clove chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 1 cup sun-dried tomatoes drained in oil

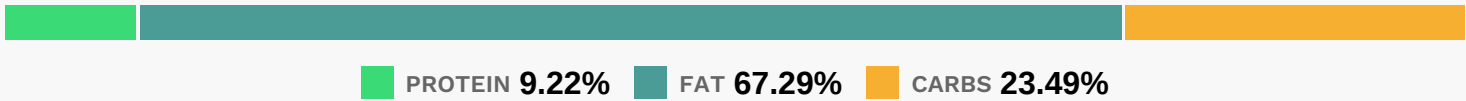
Equipment

☐ food processor

Directions

- ☐ Process all ingredients in a food processor until smooth, stopping once to scrape down sides.
- ☐ Serve with olives and toasted pita bread.

Nutrition Facts



Properties

Glycemic Index:19.04, Glycemic Load:2.03, Inflammation Score:-4, Nutrition Score:7.5604347055373%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 185.98kcal (9.3%), Fat: 14.34g (22.06%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 8.09g (2.94%), Sugar: 0.18g (0.2%), Cholesterol: 8.6mg (2.87%), Sodium: 328.07mg (14.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Manganese: 0.51mg (25.65%), Vitamin K: 23.44µg (22.32%), Vitamin C: 15.64mg (18.96%), Vitamin B6: 0.31mg (15.32%), Fiber: 3.18g (12.7%), Potassium: 307.1mg (8.77%), Phosphorus: 85.44mg (8.54%), Copper: 0.15mg (7.64%), Magnesium: 27.31mg (6.83%), Iron: 1.11mg (6.14%), Calcium: 55.46mg (5.55%), Vitamin A: 234.42IU (4.69%), Folate: 18.23µg (4.56%), Vitamin B2: 0.08mg (4.45%), Zinc: 0.64mg (4.26%), Selenium: 2.95µg (4.22%), Vitamin E: 0.49mg (3.29%), Vitamin B1: 0.05mg (3.17%), Vitamin B3: 0.58mg (2.9%), Vitamin B5: 0.27mg (2.66%)