



Hummus with veg sticks

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



447 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 400 g garbanzo beans rinsed drained canned
- ☐ 1 tbsp tahini
- ☐ 2 garlic clove crushed
- ☐ 1 juice of lemon
- ☐ 4 tbsp olive oil
- ☐ 1 tbsp water
- ☐ 1 tsp yeast extract spread
- ☐ 1 sticks cucumber (see below)

- ☐ 200 g self raising flour
- ☐ 2 tbsp sesame seed
- ☐ 1 pinch salt
- ☐ 4 servings pepper black

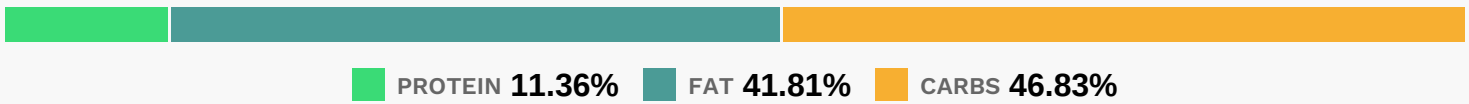
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ grill

Directions

- ☐ Put the chickpeas, tahini and garlic cloves in a food processor and whizz until smooth.
- ☐ Add the lemon juice, olive oil, just-boiled water and Marmite. Whizz again until very smooth.
- ☐ Serve with sticks of carrot, cucumber and pepper and sesame flatbreads.
- ☐ For the sesame flatbreads, heat grill to high and dust a non-stick baking sheet with a little flour.
- ☐ Mix the self-raising flour, sesame seeds, a pinch of salt and a grind of black pepper in a large bowl. Stir in the natural yogurt and milk or water, then mix well to form a soft dough.
- ☐ Divide the dough into 4 and press each piece into an oval approx 5mm thick.
- ☐ Place on the sheet and grill for 3 mins on each side until puffed and golden.
- ☐ Brush with a little olive oil before serving, if you like.

Nutrition Facts



Properties

Glycemic Index:54.83, Glycemic Load:27.5, Inflammation Score:-5, Nutrition Score:17.099564865879%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 447.43kcal (22.37%), Fat: 21.05g (32.38%), Saturated Fat: 2.86g (17.85%), Carbohydrates: 53.05g (17.68%), Net Carbohydrates: 46.55g (16.93%), Sugar: 0.43g (0.48%), Cholesterol: 0mg (0%), Sodium: 342.06mg (14.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.86g (25.73%), Manganese: 1.37mg (68.45%), Selenium: 25.33µg (36.19%), Vitamin B1: 0.52mg (34.92%), Vitamin B6: 0.56mg (27.81%), Folate: 108.27µg (27.07%), Fiber: 6.5g (26%), Copper: 0.5mg (25.05%), Vitamin B2: 0.33mg (19.21%), Phosphorus: 191.52mg (19.15%), Magnesium: 62.86mg (15.72%), Vitamin E: 2.24mg (14.94%), Iron: 2.69mg (14.92%), Vitamin B3: 2.98mg (14.92%), Zinc: 1.73mg (11.51%), Calcium: 96.85mg (9.68%), Vitamin K: 8.93µg (8.5%), Potassium: 282.04mg (8.06%), Vitamin B5: 0.61mg (6.15%), Vitamin C: 3.7mg (4.48%)