



Hungry, Hungry Artichoke Hummus

 Vegetarian

READY IN



10 min.

SERVINGS



8

CALORIES



254 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup artichoke hearts canned drained
- ☐ 0.3 teaspoon pepper black
- ☐ 15 ounce chickpeas drained and rinsed canned garbanzo beans
- ☐ 0.5 teaspoon parsley flakes dried plus more, for optional garnish
- ☐ 1.5 teaspoons garlic crushed
- ☐ 0.3 cup greek yogurt plain fat-free
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon juice of lemon

- ☐ 8 servings cut veggies
- ☐ 0.3 teaspoon paprika plus more, for optional garnish
- ☐ 8 servings pita chips
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable broth fat-free

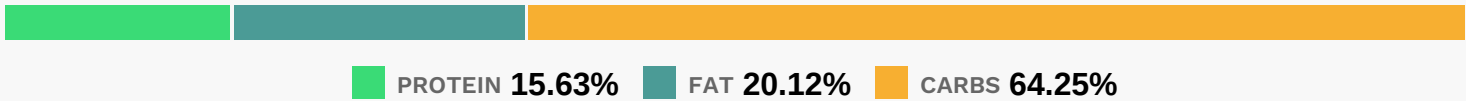
Equipment

- ☐ blender
- ☐ potato masher

Directions

- ☐ Put all of the ingredients except for the chickpeas in a blender.
- ☐ Using a potato masher or a fork, thoroughly mash the chickpeas.
- ☐ Transfer to the blender. Puree until smooth, stopping and stirring if blending slows.
- ☐ For best flavor, refrigerate the hummus for several hours. Before serving, garnish with a sprinkle each of paprika and parsley flakes, if you like.

Nutrition Facts



Properties

Glycemic Index:26.54, Glycemic Load:5.93, Inflammation Score:-10, Nutrition Score:16.39869563735%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg 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: 254.25kcal (12.71%), Fat: 5.82g (8.95%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 41.83g (13.94%), Net Carbohydrates: 33.71g (12.26%), Sugar: 2.17g (2.41%), Cholesterol: 0.31mg (0.1%), Sodium: 851.09mg (37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.35%), Vitamin A: 4677.05IU (93.54%), Manganese: 0.86mg (43.14%), Fiber: 8.12g (32.5%), Folate: 78.37µg (19.59%), Vitamin B1: 0.29mg (19.23%), Vitamin B6: 0.38mg (19.15%), Selenium: 11.41µg (16.3%), Vitamin B3: 3.21mg (16.04%), Iron: 2.88mg (16.01%), Phosphorus: 141.08mg (14.11%), Vitamin E: 1.97mg (13.11%), Vitamin C: 10.43mg (12.64%), Magnesium: 47.97mg (11.99%), Vitamin B2: 0.19mg (11.23%), Copper: 0.21mg (10.52%), Potassium: 322.15mg (9.2%), Zinc: 1.09mg (7.29%), Calcium: 55.35mg (5.53%), Vitamin B5: 0.48mg (4.76%)