



Kalamata-Garbanzo Hummus

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- 1 tablespoon cider vinegar
- 2 tablespoons milk fat-free
- 1 large garlic clove
- 8 kalamata olives pitted
- 1 tablespoon olive oil extra-virgin
- 0.5 teaspoon oregano dried
- 0.5 cup greek yogurt plain 2% reduced-fat

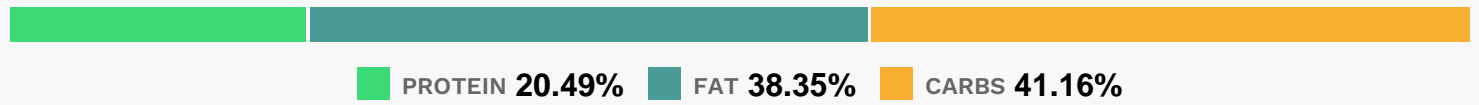
Equipment

food processor

Directions

- Drop garlic through food chute with food processor on; process until minced.
- Add yogurt and next 6 ingredients; pulse 10 to 12 times or until desired consistency.
- Garnish with chopped olives, if desired.

Nutrition Facts



Properties

Glycemic Index:21.23, Glycemic Load:2.42, Inflammation Score:-3, Nutrition Score:4.9973913113708%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 91.19kcal (4.56%), Fat: 3.99g (6.14%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 9.63g (3.21%), Net Carbohydrates: 6.65g (2.42%), Sugar: 0.73g (0.81%), Cholesterol: 0.84mg (0.28%), Sodium: 252.98mg (11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.59%), Manganese: 0.53mg (26.73%), Vitamin B6: 0.32mg (15.84%), Fiber: 2.98g (11.93%), Phosphorus: 75.45mg (7.55%), Copper: 0.11mg (5.32%), Magnesium: 20.14mg (5.03%), Calcium: 49.09mg (4.91%), Iron: 0.88mg (4.89%), Folate: 17.27µg (4.32%), Selenium: 2.87µg (4.09%), Zinc: 0.54mg (3.6%), Potassium: 124.72mg (3.56%), Vitamin B2: 0.06mg (3.34%), Vitamin E: 0.49mg (3.27%), Vitamin B5: 0.26mg (2.55%), Vitamin B12: 0.12µg (2.08%), Vitamin K: 2.16µg (2.06%), Vitamin B1: 0.03mg (1.85%)