



Lemon & coriander hummus



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 800 g garbanzo beans drained canned
- ☐ 2 garlic clove roughly chopped
- ☐ 3 tbsp greek yogurt
- ☐ 3 tbsp tahini
- ☐ 3 tbsp olive oil extra virgin extra-virgin
- ☐ 2 lemon zest
- ☐ 20 g cilantro leaves

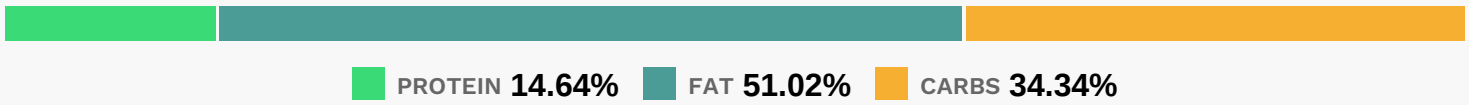
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Put everything but the coriander into a food processor, then whizz to a fairly smooth mix. Scrape down the sides of the processor if you need to.
- ☐ Season the hummus generously, then add the coriander and pulse until roughly chopped. Spoon into a serving bowl, drizzle with olive oil, then serve.

Nutrition Facts



Properties

Glycemic Index:17.06, Glycemic Load:4.99, Inflammation Score:-5, Nutrition Score:11.815217562344%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 231.38kcal (11.57%), Fat: 13.63g (20.97%), Saturated Fat: 1.8g (11.28%), Carbohydrates: 20.65g (6.88%), Net Carbohydrates: 14.1g (5.13%), Sugar: 0.37g (0.41%), Cholesterol: 0.38mg (0.13%), Sodium: 377.95mg (16.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.8g (17.6%), Manganese: 1.12mg (56.11%), Vitamin B6: 0.67mg (33.38%), Fiber: 6.55g (26.18%), Phosphorus: 179.49mg (17.95%), Copper: 0.34mg (16.92%), Vitamin K: 14.56µg (13.87%), Iron: 2.11mg (11.71%), Magnesium: 45.37mg (11.34%), Vitamin B1: 0.17mg (11.27%), Folate: 43.56µg (10.89%), Zinc: 1.34mg (8.93%), Selenium: 6.18µg (8.82%), Potassium: 261.65mg (7.48%), Vitamin E: 1.1mg (7.32%), Calcium: 72.36mg (7.24%), Vitamin C: 4.24mg (5.14%), Vitamin A: 251.35IU (5.03%), Vitamin B5: 0.45mg (4.55%), Vitamin B2: 0.06mg (3.42%), Vitamin B3: 0.66mg (3.32%)