



Lemon Garlic Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pinch coarse salt
- ☐ 2 cups garbanzo beans rinsed drained chickpeas
- ☐ 4 cloves garlic minced to taste
- ☐ 5 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil to taste
- ☐ 1.5 tablespoons tahini sesame seed paste

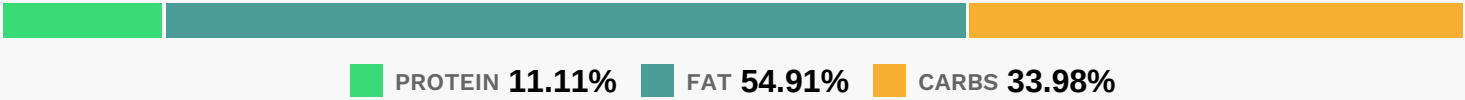
Equipment

- ☐ food processor

Directions

☐ Combine garbanzo beans, lemon juice, olive oil, tahini, garlic, and salt in a food processor and pulse several times to mix. Process until hummus is smooth, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:9.29, Glycemic Load:2.98, Inflammation Score:-4, Nutrition Score:8.008260840955%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 197.14kcal (9.86%), Fat: 12.44g (19.14%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 17.32g (5.77%), Net Carbohydrates: 12.91g (4.69%), Sugar: 2.96g (3.29%), Cholesterol: 0mg (0%), Sodium: 12.24mg (0.53%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Manganese: 0.6mg (29.9%), Folate: 100.26µg (25.07%), Fiber: 4.41g (17.64%), Copper: 0.26mg (13.04%), Phosphorus: 125.53mg (12.55%), Iron: 1.84mg (10.22%), Vitamin E: 1.51mg (10.05%), Vitamin B1: 0.13mg (8.67%), Magnesium: 31.05mg (7.76%), Vitamin C: 6.33mg (7.67%), Vitamin K: 7.64µg (7.27%), Zinc: 1.04mg (6.93%), Potassium: 197.28mg (5.64%), Vitamin B6: 0.11mg (5.61%), Selenium: 3.61µg (5.16%), Calcium: 36.54mg (3.65%), Vitamin B3: 0.52mg (2.62%), Vitamin B2: 0.04mg (2.53%), Vitamin B5: 0.18mg (1.85%)