



Mediterranean Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 2 garlic cloves
- ☐ 0.3 cup kalamata olives pitted
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup bottled roasted bell peppers red chopped
- ☐ 0.3 teaspoon salt

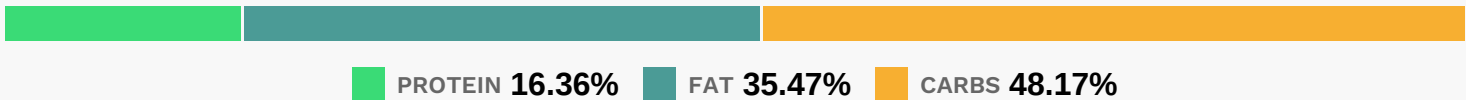
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place all ingredients in a food processor; process until smooth, scraping sides of processor bowl once. Store in an airtight container in refrigerator.
- ☐ Serve with pita triangles or fresh vegetables.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:1.0173913078464%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 16.63kcal (0.83%), Fat: 0.69g (1.06%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.44g (0.52%), Sugar: 0.04g (0.05%), Cholesterol: 0mg (0%), Sodium: 87.82mg (3.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.43%), Manganese: 0.12mg (5.92%), Vitamin B6: 0.07mg (3.51%), Fiber: 0.66g (2.65%), Vitamin C: 1.13mg (1.36%), Copper: 0.02mg (1.23%), Phosphorus: 11.66mg (1.17%), Iron: 0.19mg (1.05%), Magnesium: 4.09mg (1.02%)