




Mediterranean Hummus Appetizer


 Vegetarian

READY IN




25 min.

SERVINGS



4

CALORIES



718 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce garbanzo beans drained for 5 minutes if desired canned (simmered)
- 0.3 teaspoon ground pepper
- 1 teaspoon cumin
- 4 servings feta cheese crumbled
- 4 servings basil fresh minced
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- 4 servings cilantro leaves fresh chopped
- 1 clove roasted garlic

- 2 garlic clove minced
- 4 servings olive green (Olive, Basil and Almond Tapenade)
- 4 servings spring onion sliced thin
- 4 servings kalamata olives
- 3 tablespoons juice of lemon fresh
- 0.5 teaspoon juice of lemon shredded (optional and if adding cut back on the lemon juice)
- 0.3 cup olive oil with juice from chickpeas)
- 4 servings paprika
- 4 servings wholewheat pita breads warmed cut into triangles
- 4 servings roma tomatoes coarsely chopped
- 0.5 teaspoon salt to taste (or)
- 1 can sun-dried olives (you also drizzle oil over dip)
- 4 servings olive oil extra virgin light
- 3 tablespoons tahini (sesame paste)
- 2 tablespoons yogurt plain

Equipment

- food processor
- blender

Directions

- Place all hummus ingredients into a blender or food processor; blend until smooth.
- Add some reserved broth should you desire a thinner hummus.Refrigerate for about 1 3 hours for flavors to blend.
- Transfer mixture to a serving plate and spread hummus out evenly into a circle.
- Garnish with the above toppings according to your taste in the order listed.
- Sprinkle over all with paprika or sumac.
- Serve with warmed pita triangles.

Nutrition Facts

PROTEIN 9.84% FAT 60.47% CARBS 29.69%

Properties

Glycemic Index:141.83, Glycemic Load:33.81, Inflammation Score:-8, Nutrition Score:24.356956735901%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.72mg, Hesperetin: 1.72mg, Hesperetin: 1.72mg, Hesperetin: 1.72mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 718.42kcal (35.92%), Fat: 49.58g (76.28%), Saturated Fat: 10.02g (62.61%), Carbohydrates: 54.78g (18.26%), Net Carbohydrates: 45.89g (16.69%), Sugar: 1.51g (1.68%), Cholesterol: 28mg (9.33%), Sodium: 1865.7mg (81.12%), Alcohol: Og (100%), Protein: 18.16g (36.31%), Manganese: 1.3mg (65.01%), Vitamin K: 48.96µg (46.63%), Vitamin E: 6.27mg (41.82%), Vitamin B6: 0.77mg (38.73%), Phosphorus: 359.62mg (35.96%), Fiber: 8.89g (35.57%), Vitamin A: 1649.62IU (32.99%), Calcium: 308.53mg (30.85%), Vitamin B1: 0.44mg (29.59%), Copper: 0.55mg (27.45%), Iron: 4.2mg (23.31%), Vitamin B2: 0.4mg (23.24%), Zinc: 2.87mg (19.15%), Magnesium: 76.49mg (19.12%), Folate: 73.09µg (18.27%), Selenium: 11.63µg (16.62%), Vitamin B3: 2.73mg (13.65%), Potassium: 441.3mg (12.61%), Vitamin C: 8.19mg (9.93%), Vitamin B5: 0.98mg (9.77%), Vitamin B12: 0.54µg (9.07%)