



Pizza Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



250 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups chickpeas drained and rinsed canned
- 1 teaspoon basil dried
- 2 cloves garlic
- 4 servings kosher salt
- 0.3 cup juice of lemon fresh
- 1 tablespoon olive oil extra-virgin
- 2 teaspoons oregano dried
- 0.3 cup tahini

0.3 cup tomato paste

Equipment

food processor

frying pan

Directions

Heat the olive oil in a small skillet over medium-high heat.

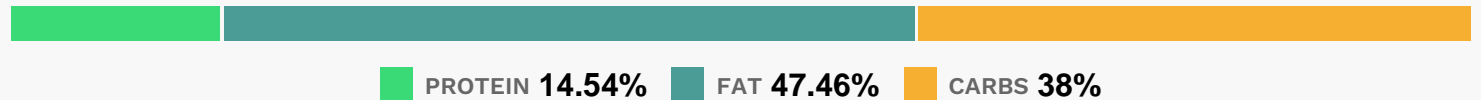
Add the tomato paste, oregano and basil and cook until slightly toasted, about 2 minutes.

Transfer the tomato paste mixture to a food processor.

Add the garlic, chickpeas, chickpea liquid, tahini, lemon juice and 1 teaspoon salt. Puree until smooth and creamy.

Photograph by Raymond Hom

Nutrition Facts



Properties

Glycemic Index:30.08, Glycemic Load:5.75, Inflammation Score:-8, Nutrition Score:14.889130488686%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 250.23kcal (12.51%), Fat: 14.02g (21.58%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 25.27g (8.42%), Net Carbohydrates: 17.89g (6.5%), Sugar: 2.44g (2.71%), Cholesterol: 0mg (0%), Sodium: 671.26mg (29.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.33%), Manganese: 1.16mg (57.87%), Vitamin B6: 0.68mg (33.95%), Fiber: 7.38g (29.54%), Copper: 0.51mg (25.41%), Phosphorus: 236.17mg (23.62%), Vitamin B1: 0.3mg (19.75%), Iron: 3.32mg (18.42%), Magnesium: 60.11mg (15.03%), Vitamin K: 14.5µg (13.81%), Folate: 53.65µg (13.41%), Vitamin C: 10.73mg (13.01%), Potassium: 452.98mg (12.94%), Selenium: 8.77µg (12.53%), Zinc: 1.72mg (11.43%), Vitamin E: 1.44mg (9.61%), Calcium: 95.45mg (9.55%), Vitamin B3: 1.59mg (7.96%), Vitamin A: 298.14IU (5.96%), Vitamin B2: 0.07mg (4.34%), Vitamin B5: 0.43mg (4.31%)