



Quick and Easy Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



7

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce garbanzo beans drained canned
- ☐ 1 clove garlic minced
- ☐ 0.5 juice of lemon juiced
- ☐ 1 pinch salt
- ☐ 2 tablespoons tahini

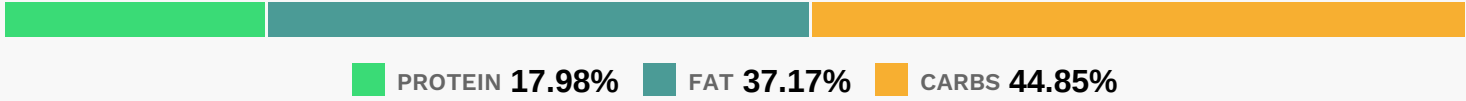
Equipment

- ☐ blender

Directions

☐ Blend garbanzo beans, tahini, lemon juice, garlic, and salt in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:10.05, Glycemic Load:2.27, Inflammation Score:-2, Nutrition Score:4.7739130367889%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 79.94kcal (4%), Fat: 3.46g (5.33%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 6.52g (2.37%), Sugar: 0.06g (0.06%), Cholesterol: 0mg (0%), Sodium: 176.01mg (7.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Manganese: 0.5mg (25.22%), Vitamin B6: 0.3mg (15%), Fiber: 2.89g (11.56%), Phosphorus: 83.28mg (8.33%), Copper: 0.16mg (8.18%), Vitamin B1: 0.09mg (5.93%), Iron: 0.95mg (5.25%), Magnesium: 20.71mg (5.18%), Folate: 19.83µg (4.96%), Zinc: 0.62mg (4.15%), Selenium: 2.75µg (3.93%), Potassium: 111.08mg (3.17%), Calcium: 28.21mg (2.82%), Vitamin B5: 0.19mg (1.87%), Vitamin B3: 0.33mg (1.63%), Vitamin C: 1.2mg (1.46%)