



Quick and Yummy Hummus

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce garbanzo beans rinsed drained canned
- 3 cloves garlic minced
- 0.5 teaspoon ground cumin
- 0.1 teaspoon pepper black
- 2 tablespoons juice of lemon fresh
- 2 teaspoons olive oil
- 0.5 cup yogurt plain
- 0.5 teaspoon salt

1 tablespoon water

Equipment

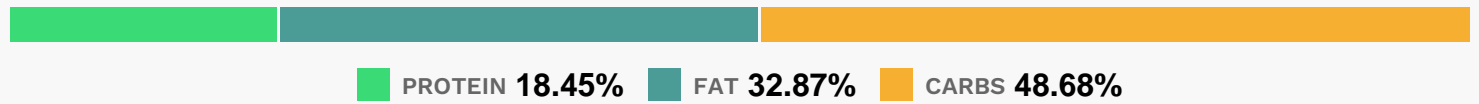
food processor

blender

Directions

Combine the garbanzo beans, yogurt, lemon juice, garlic, olive oil, water, salt, pepper, and cumin in a blender or food processor, blend until smooth.

Nutrition Facts



Properties

Glycemic Index:15.79, Glycemic Load:2.19, Inflammation Score:-1, Nutrition Score:4.0839130350429%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 68.01kcal (3.4%), Fat: 2.58g (3.97%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 8.59g (2.86%), Net Carbohydrates: 6.2g (2.25%), Sugar: 0.82g (0.91%), Cholesterol: 1.99mg (0.66%), Sodium: 300.72mg (13.07%), Alcohol: 0g (100%), Protein: 3.26g (6.51%), Manganese: 0.46mg (23.16%), Vitamin B6: 0.27mg (13.63%), Fiber: 2.39g (9.58%), Phosphorus: 59.77mg (5.98%), Copper: 0.09mg (4.43%), Iron: 0.78mg (4.31%), Magnesium: 17.23mg (4.31%), Calcium: 40.85mg (4.09%), Folate: 15.16µg (3.79%), Zinc: 0.48mg (3.19%), Potassium: 111.34mg (3.18%), Vitamin C: 1.94mg (2.35%), Vitamin B5: 0.23mg (2.31%), Selenium: 1.57µg (2.25%), Vitamin B2: 0.03mg (1.88%), Vitamin B1: 0.03mg (1.69%), Vitamin E: 0.16mg (1.09%)