



Quick Hummus Dip



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce water prepared
- ☐ 4 teaspoons juice of lemon fresh
- ☐ 0.5 teaspoon oregano dried

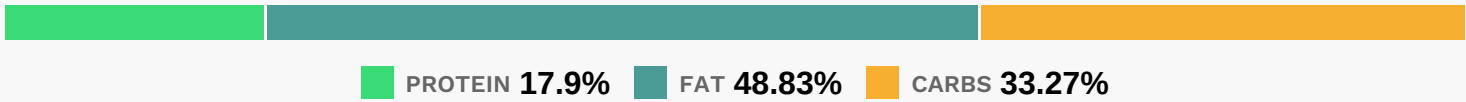
Equipment

Directions

- ☐ Stir together first 3 ingredients. Cover and chill until ready to serve or up to 1 week.

Drizzle with olive oil just before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:5.7, Glycemic Load:1.77, Inflammation Score:-5, Nutrition Score:8.783478266519%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 152kcal (7.6%), Fat: 8.73g (13.43%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 13.38g (4.46%), Net Carbohydrates: 7.84g (2.85%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 343.91mg (14.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Manganese: 0.71mg (35.59%), Copper: 0.48mg (24%), Fiber: 5.54g (22.16%), Folate: 76.57µg (19.14%), Magnesium: 65.19mg (16.3%), Phosphorus: 160.28mg (16.03%), Iron: 2.29mg (12.72%), Zinc: 1.67mg (11.12%), Vitamin B1: 0.16mg (10.97%), Vitamin B6: 0.19mg (9.27%), Potassium: 213.48mg (6.1%), Calcium: 37.91mg (3.79%), Vitamin B2: 0.06mg (3.51%), Selenium: 2.37µg (3.39%), Vitamin B3: 0.54mg (2.7%), Vitamin C: 1.55mg (1.88%), Vitamin B5: 0.13mg (1.27%), Vitamin K: 1.24µg (1.18%)