

## Raw Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



17 min.

SERVINGS



20

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1.5 cups garbanzo beans dry
- ☐ 4 cloves garlic crushed to taste
- ☐ 2 juice of lemon juiced
- ☐ 1 pinch paprika
- ☐ 1 teaspoon sea salt
- ☐ 1 cup spring water filtered
- ☐ 2 tablespoons tahini

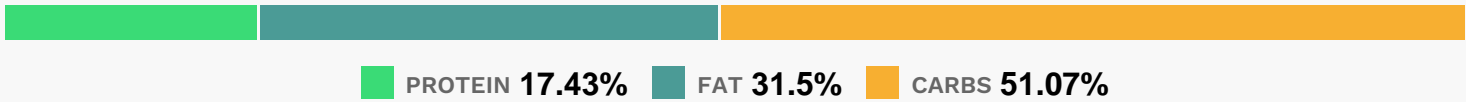
## Equipment

- ☐ food processor
- ☐ pot

## Directions

- ☐ Soak the beans for 24 hours.
- ☐ Drain, and let sit for 2 to 3 days, until the bean's sprouts are about 1/2 inch long. Rinse the beans once or twice a day.
- ☐ Bring a large pot of water to a boil.
- ☐ Remove from heat, and let stand for 1 minute.
- ☐ Place the sprouted beans in the hot water, and let sit for 1 minute.
- ☐ Drain. If you do not do this step, the hummus will be awful.
- ☐ Place the sprouted beans into the container of a large food processor.
- ☐ Add the tahini, sea salt, lemon juice, and garlic. Process until smooth, adding water if necessary. It will take 3 to 5 minutes to blend.
- ☐ Let sit in the food processor for 5 minutes to allow the beans to absorb as much of the water as possible. If too thick, add more water, and blend again. Taste and adjust seasonings if needed. Spoon into a serving dish, and garnish with paprika.

## Nutrition Facts



## Properties

Glycemic Index:3.54, Glycemic Load:0.68, Inflammation Score:-1, Nutrition Score:1.8495652111976%

## Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 30.62kcal (1.53%), Fat: 1.12g (1.73%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.07g (1.12%), Sugar: 0.67g (0.75%), Cholesterol: 0mg (0%), Sodium: 118.39mg (5.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.8%), Manganese: 0.14mg (6.87%), Folate: 23.25µg (5.81%), Fiber:

1.03g (4.11%), Copper: 0.07mg (3.59%), Phosphorus: 33.69mg (3.37%), Vitamin B1: 0.04mg (2.67%), Iron: 0.44mg (2.42%), Magnesium: 7.79mg (1.95%), Vitamin C: 1.57mg (1.9%), Zinc: 0.27mg (1.78%), Selenium: 1.06µg (1.51%), Vitamin B6: 0.03mg (1.41%), Potassium: 48.31mg (1.38%)