



## Real Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



15 min.

SERVINGS



10

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10 servings pepper black to taste
- 19 ounce garbanzo beans canned
- 1 clove garlic chopped
- 4 tablespoons juice of lemon
- 2 tablespoons olive oil
- 1 teaspoon salt
- 2 tablespoons tahini

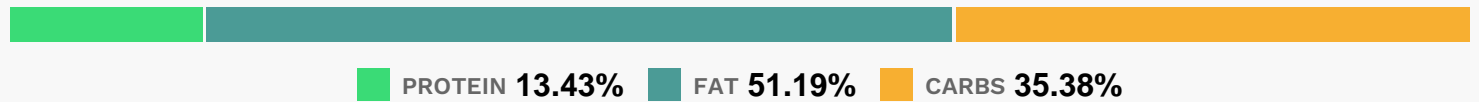
## Equipment

- bowl
- blender

## Directions

- In a blender, chop the garlic.
- Pour garbanzo beans into blender, reserving about a tablespoon for garnish.
- Place lemon juice, tahini, chopped garlic and salt in blender. Blend until creamy and well mixed.
- Transfer the mixture to a medium serving bowl.
- Sprinkle with pepper and pour olive oil over the top.
- Garnish with reserved garbanzo beans.

## Nutrition Facts



## Properties

Glycemic Index:10.23, Glycemic Load:2.02, Inflammation Score:-1, Nutrition Score:4.413478207329%

## Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 91.93kcal (4.6%), Fat: 5.46g (8.4%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 5.93g (2.16%), Sugar: 0.15g (0.17%), Cholesterol: 0mg (0%), Sodium: 383.53mg (16.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.45%), Manganese: 0.46mg (22.98%), Vitamin B6: 0.27mg (13.3%), Fiber: 2.56g (10.24%), Phosphorus: 67.89mg (6.79%), Copper: 0.13mg (6.7%), Iron: 0.83mg (4.62%), Magnesium: 18.01mg (4.5%), Vitamin B1: 0.07mg (4.47%), Folate: 17.63µg (4.41%), Zinc: 0.52mg (3.46%), Vitamin C: 2.6mg (3.15%), Selenium: 2.16µg (3.09%), Potassium: 100.12mg (2.86%), Vitamin E: 0.41mg (2.76%), Calcium: 24.6mg (2.46%), Vitamin K: 1.85µg (1.77%), Vitamin B5: 0.17mg (1.72%), Vitamin B3: 0.25mg (1.24%)