



Red onion & Indian-spiced hummus



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



528 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 tbsp olive oil



1 onion red thinly sliced



1 tsp cumin seeds



0.5 tsp fennel seeds



400 g garbanzo beans rinsed drained canned



0.5 juice of lemon



1 tbsp tahini



2 tsp cilantro leaves finely chopped

☐ 2 servings wholewheat pita breads

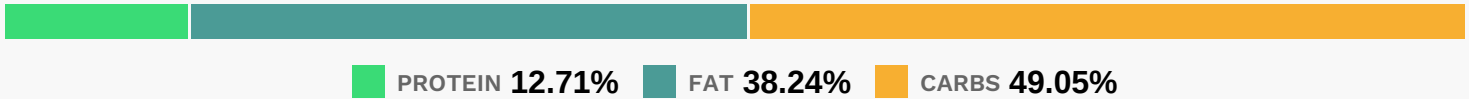
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a non-stick pan heat 1 tbsp of the oil, then fry the onion until soft and lightly browned.
- ☐ Remove from the heat and set aside to cool while you prepare the rest of the ingredients.
- ☐ Toast the spices for a couple of mins on a low heat, then remove from the heat and grind to make a powder. In a food processor, blitz together the chickpeas, lemon juice, tahini, spices, some salt, the coriander and red onion until smooth.
- ☐ Tip into a serving bowl and dress with the remaining olive oil. Warm the pitta breads and serve alongside the hummus.

Nutrition Facts



Properties

Glycemic Index:100.67, Glycemic Load:37.55, Inflammation Score:-6, Nutrition Score:20.179565154988%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg

Nutrients (% of daily need)

Calories: 527.5kcal (26.37%), Fat: 22.93g (35.28%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 66.17g (22.06%), Net Carbohydrates: 54.51g (19.82%), Sugar: 2.55g (2.83%), Cholesterol: 0mg (0%), Sodium: 863.59mg (37.55%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.14g (34.28%), Manganese: 2.05mg (102.26%), Vitamin B6: 1.05mg (52.64%), Fiber: 11.65g (46.62%), Phosphorus: 297.84mg (29.78%), Copper: 0.56mg (27.91%), Iron: 4.57mg (25.37%), Vitamin B1: 0.37mg (24.57%), Magnesium: 87.43mg (21.86%), Folate: 82.91µg (20.73%), Calcium: 157.8mg (15.78%), Zinc: 2.36mg (15.76%), Potassium: 505.55mg (14.44%), Vitamin E: 2.08mg (13.84%), Vitamin B3: 2.03mg (10.16%), Selenium: 6.92µg (9.88%), Vitamin C: 7.7mg (9.33%), Vitamin B5: 0.9mg (8.98%), Vitamin K: 9.01µg (8.59%), Vitamin B2: 0.11mg (6.74%), Vitamin A: 57.33IU (1.15%)