



Robin's Best Ever Hummus

 Vegetarian  Dairy Free



READY IN

ready

15 min.

SERVINGS

servings

8

CALORIES

calories

279 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 19 ounce garbanzo beans drained canned
- ☐ 2 teaspoons coarse salt
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 3 cloves garlic
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons juice of lemon
- ☐ 0.3 cup olive oil divided
- ☐ 6 pita bread rounds

- ☐ 8 servings salt to taste
- ☐ 3 tablespoons tahini sesame-seed paste

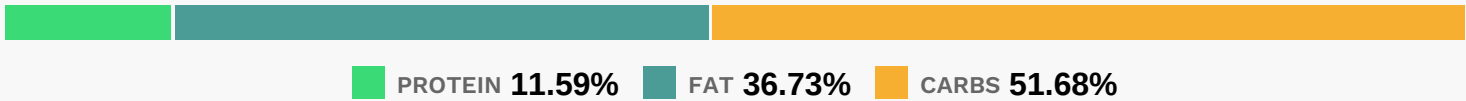
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ blender

Directions

- ☐ Mash garlic with the salt in a small bowl.
- ☐ Place into a blender or food processor along with the garbanzo beans, tahini, lemon juice, honey, and enough water to cover the beans. Process until smooth. Spoon into a serving dish, and drizzle 2 tablespoons of olive oil over the top.
- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ Brush pita breads with remaining olive oil, and cut into wedges. Season with salt and fresh rosemary.
- ☐ Bake for 5 minutes in the preheated oven. Cool, and serve with hummus.

Nutrition Facts



Properties

Glycemic Index:27.45, Glycemic Load:25.5, Inflammation Score:-3, Nutrition Score:8.5634781251783%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 278.94kcal (13.95%), Fat: 11.58g (17.82%), Saturated Fat: 1.57g (9.79%), Carbohydrates: 36.66g (12.22%), Net Carbohydrates: 32.43g (11.79%), Sugar: 2.31g (2.56%), Cholesterol: 0mg (0%), Sodium: 1189.98mg (51.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.22g (16.44%), Manganese: 0.78mg (38.94%), Vitamin B6: 0.36mg (17.96%), Fiber: 4.23g (16.93%), Vitamin B1: 0.23mg (15.12%), Phosphorus: 141.48mg (14.15%), Copper: 0.27mg (13.53%), Iron: 1.76mg (9.78%), Magnesium: 35.36mg (8.84%), Folate: 33.91µg (8.48%), Zinc: 1.1mg (7.35%), Calcium: 71.49mg (7.15%), Vitamin B3: 1.32mg (6.61%), Vitamin E: 0.98mg (6.54%), Potassium: 186.74mg (5.34%), Selenium: 3.47µg (4.96%), Vitamin K: 4.08µg (3.89%), Vitamin B5: 0.39mg (3.86%), Vitamin B2: 0.06mg (3.59%), Vitamin C: 2.9mg (3.51%)