



## Seeded Hummus

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 teaspoon cayenne
- 15.5 oz garbanzos rinsed drained canned
- 2 cloves garlic
- 0.5 teaspoon ground cumin
- 3 tablespoons juice of lemon
- 2 tablespoons olive oil
- 2 tablespoons nonfat yogurt plain
- 6 servings salt

2 tablespoons sesame seed

## Equipment

food processor

bowl

frying pan

blender

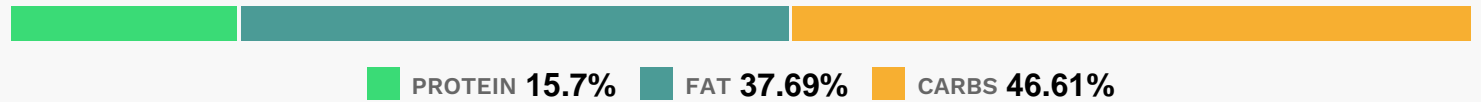
## Directions

In a 6- to 8-inch frying pan over medium heat, stir sesame seed until golden, about 5 minutes.

In a blender or food processor, combine sesame seed, garlic, lemon juice, oil, yogurt, cumin, cayenne, and garbanzos; whirl until smooth, scraping container sides often.

Add salt to taste. Scoop into a bowl.

## Nutrition Facts



## Properties

Glycemic Index:21.29, Glycemic Load:3.95, Inflammation Score:-5, Nutrition Score:10.165652205115%

## 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 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: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 184.4kcal (9.22%), Fat: 7.97g (12.27%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 22.19g (7.4%), Net Carbohydrates: 16.22g (5.9%), Sugar: 4.25g (4.72%), Cholesterol: 0.13mg (0.04%), Sodium: 204.99mg (8.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.47g (14.95%), Manganese: 0.85mg (42.28%), Folate: 130.99µg (32.75%), Fiber: 5.96g (23.86%), Copper: 0.37mg (18.69%), Phosphorus: 153.48mg (15.35%), Iron: 2.68mg (14.88%), Magnesium: 47.22mg (11.81%), Zinc: 1.42mg (9.45%), Calcium: 79.25mg (7.93%), Vitamin B1: 0.11mg (7.62%), Potassium: 259.08mg (7.4%), Vitamin B6: 0.14mg (7.25%), Vitamin E: 0.98mg (6.52%), Selenium: 4.03µg (5.76%), Vitamin K: 5.84µg (5.57%), Vitamin C: 4.3mg (5.22%), Vitamin B2: 0.07mg (4.23%), Vitamin B3: 0.54mg (2.71%),

Vitamin B5: 0.27mg (2.69%), Vitamin A: 57.81IU (1.16%)