



 **25%**  
HEALTH SCORE

## Simple Spicy Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



8 min.

SERVINGS



10

CALORIES



159 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 teaspoons chili oil hot
- 16 ounces chickpeas (or 1 15-ounce can)
- 1 garlic clove raw
- 0.1 teaspoon pepper
- 1 juice of lemon
- 0.1 teaspoon kosher salt
- 0.3 cup olive oil
- 0.3 cup sesame seed

0.3 cup water

## Equipment

## Nutrition Facts

**PROTEIN 12.02%** **FAT 54.06%** **CARBS 33.92%**

## Properties

Glycemic Index:12.28, Glycemic Load:2.55, Inflammation Score:-3, Nutrition Score:7.5834782608696%

## 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 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: 0.01mg, 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: 159.02kcal (7.95%), Fat: 9.87g (15.18%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 9.87g (3.59%), Sugar: 2.27g (2.52%), Cholesterol: 0mg (0%), Sodium: 33.3mg (1.45%), Protein: 4.94g (9.88%), Manganese: 0.6mg (29.94%), Folate: 83.48µg (20.87%), Copper: 0.37mg (18.32%), Fiber: 4.06g (16.24%), Iron: 2.08mg (11.57%), Phosphorus: 108.39mg (10.84%), Magnesium: 39.68mg (9.92%), Zinc: 1.09mg (7.25%), Calcium: 72.07mg (7.21%), Vitamin E: 1.07mg (7.13%), Vitamin B1: 0.09mg (6.23%), Vitamin B6: 0.11mg (5.39%), Vitamin K: 5.59µg (5.33%), Selenium: 3.45µg (4.92%), Potassium: 160.09mg (4.57%), Vitamin B2: 0.04mg (2.46%), Vitamin B3: 0.47mg (2.35%), Vitamin C: 1.84mg (2.24%), Vitamin B5: 0.14mg (1.38%)