



Sour Cream and Onion Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups chickpeas drained and rinsed canned
- 1.5 teaspoons onion dried minced
- 2 cloves garlic
- 1.5 teaspoons sea salt
- 4 servings kosher salt
- 0.3 cup juice of lemon fresh
- 1.5 teaspoons onion powder
- 0.3 cup tahini

Equipment

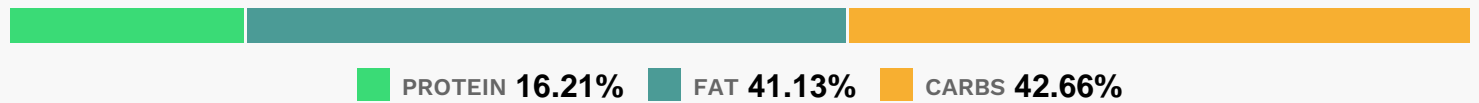
food processor

Directions

Put the chickpeas, chickpea liquid, garlic, tahini, lemon juice, dried onion, onion powder, granulated garlic and 1 teaspoon salt in a food processor. Puree until smooth and creamy.

Photograph by Raymond Hom

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:4.68, Inflammation Score:-4, Nutrition Score:12.320869404013%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 215.36kcal (10.77%), Fat: 10.42g (16.03%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 24.32g (8.11%), Net Carbohydrates: 17.74g (6.45%), Sugar: 1.17g (1.3%), Cholesterol: 0mg (0%), Sodium: 543mg (23.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.24g (18.48%), Manganese: 1.08mg (54%), Vitamin B6: 0.68mg (34.17%), Fiber: 6.58g (26.32%), Phosphorus: 233.09mg (23.31%), Copper: 0.45mg (22.74%), Vitamin B1: 0.3mg (20.14%), Folate: 52.62µg (13.16%), Magnesium: 52.17mg (13.04%), Iron: 2.34mg (12.98%), Selenium: 8.32µg (11.88%), Zinc: 1.67mg (11.1%), Vitamin C: 8.7mg (10.54%), Potassium: 318.52mg (9.1%), Calcium: 76.47mg (7.65%), Vitamin B3: 1.06mg (5.3%), Vitamin B5: 0.44mg (4.36%), Vitamin B2: 0.04mg (2.61%)