



## Spicy Hummus: Quick Chickpea Spread

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



419 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 14.5 ounce chickpeas drained canned (garbanzo beans)
- 4 servings coarse salt
- 1 clove garlic crushed
- 1 teaspoon ground coriander ()
- 1 teaspoon ground cumin ()
- 0.5 juice of lemon juiced
- 4 servings drizzle olive oil extra-virgin
- 4 servings pita breads for dipping cut into wedges

- 0.5 teaspoon pepper flakes crushed
- 2 tablespoons tahini sesame paste dry

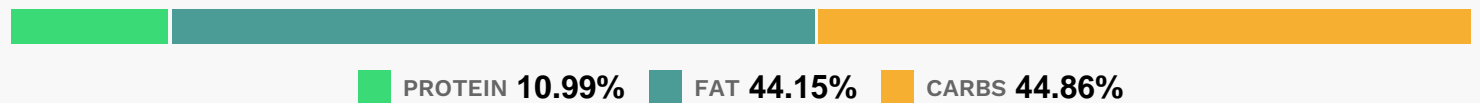
## Equipment

- food processor
- bowl
- pot

## Directions

- Combine beans, tahini, oil, pepper flakes, cumin, coriander, garlic, salt, and lemon juice in food processor bowl and grind into a smooth paste.
- Transfer to a small dip dish and surround spread with warm pita wedges. This recipe makes a great appetizer, or anytime snack.
- Tidbit: this is a fantastic dish to take to a pot luck or block party -- it's always a hit!

## Nutrition Facts



## Properties

Glycemic Index:43.08, Glycemic Load:32.91, Inflammation Score:-4, Nutrition Score:12.833913077479%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 418.61kcal (20.93%), Fat: 20.9g (32.15%), Saturated Fat: 2.81g (17.58%), Carbohydrates: 47.8g (15.93%), Net Carbohydrates: 41.31g (15.02%), Sugar: 0.13g (0.15%), Cholesterol: 0mg (0%), Sodium: 787.83mg (34.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.7g (23.41%), Manganese: 1.15mg (57.69%), Vitamin B6: 0.53mg (26.74%), Fiber: 6.48g (25.93%), Vitamin B1: 0.31mg (20.6%), Phosphorus: 202.52mg (20.25%), Copper: 0.39mg (19.34%), Iron: 2.93mg (16.29%), Vitamin E: 2.13mg (14.23%), Magnesium: 53.7mg (13.43%), Folate: 47.37µg (11.84%), Zinc: 1.6mg (10.64%), Calcium: 105.57mg (10.56%), Vitamin B3: 1.83mg (9.14%), Vitamin K: 8.73µg (8.32%),

Potassium: 276.81mg (7.91%), Selenium: 4.95µg (7.08%), Vitamin B5: 0.54mg (5.41%), Vitamin B2: 0.09mg (5.03%),  
Vitamin C: 2.25mg (2.73%), Vitamin A: 101.21IU (2.02%)