



 **40%**
HEALTH SCORE

Spicy Indian-Style Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



134 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pinch asafetida
- 0.3 teaspoon ground pepper
- 1.3 cups chickpeas dried
- 0.3 cup chives fresh chopped
- 1 inch ginger fresh chopped
- 0.5 cup parsley fresh chopped
- 2 cloves garlic chopped
- 0.5 teaspoon ground coriander

- 0.5 teaspoon ground cumin
- 12 servings pepper fresh black to taste
- 1 juice of lemon
- 2 tablespoons olive oil
- 2 pepper flakes fresh green red seeded chopped
- 1 teaspoon sea salt to taste
- 0.3 cup tahini
- 1 teaspoon turmeric

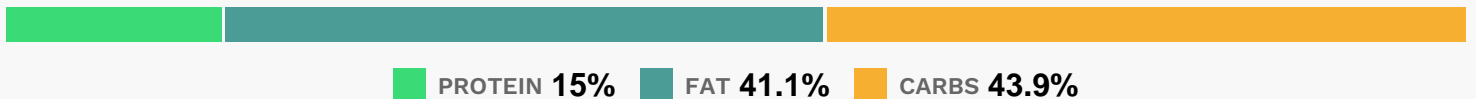
Equipment

- food processor
- sauce pan

Directions

- Rinse the chickpeas and soak for 8 hours or overnight covered in several inches of water with a little yogurt whey or lemon juice added.
- Drain and rinse, then transfer to a large saucepan. Cover with several inches of fresh water, bring to a boil, reduce the heat to medium-low and cover. Simmer for 1 to 1 1/2 hours or until the beans are buttery soft.
- Drain. In a food processor, combine all of the ingredients and process until you have a thick, smooth paste. You may need to add extra olive oil or a bit of water if you want a thinner paste. Makes 3 cups, nutrition information is based on 1/4 cup serving.

Nutrition Facts



Properties

Glycemic Index:21.79, Glycemic Load:2.21, Inflammation Score:-9, Nutrition Score:11.043043478261%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Taste

Sweetness: 43.39%, Saltiness: 9.82%, Sourness: 36.85%, Bitterness: 26.17%, Savoriness: 2.55%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 133.79kcal (6.69%), Fat: 6.38g (9.82%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 15.34g (5.11%), Net Carbohydrates: 11.11g (4.04%), Sugar: 2.76g (3.07%), Cholesterol: 0mg (0%), Sodium: 203.18mg (8.83%), Protein: 5.24g (10.48%), Vitamin K: 47.36µg (45.11%), Folate: 128.08µg (32.02%), Manganese: 0.54mg (26.75%), Vitamin C: 16.9mg (20.49%), Fiber: 4.23g (16.93%), Copper: 0.28mg (13.97%), Vitamin B1: 0.19mg (12.68%), Phosphorus: 123.65mg (12.37%), Iron: 1.96mg (10.9%), Vitamin B6: 0.17mg (8.68%), Magnesium: 33.81mg (8.45%), Potassium: 262.25mg (7.49%), Vitamin A: 354.94IU (7.1%), Zinc: 1.03mg (6.84%), Selenium: 3.6µg (5.15%), Vitamin E: 0.61mg (4.05%), Vitamin B3: 0.77mg (3.83%), Calcium: 38.23mg (3.82%), Vitamin B2: 0.06mg (3.69%), Vitamin B5: 0.37mg (3.67%)