



Sun-Dried Tomato Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce chickpeas drained and rinsed canned
- ☐ 1 clove garlic
- ☐ 0.3 cup juice of lemon (- 1 lemon)
- ☐ 2 tablespoons olive oil
- ☐ 4 servings salt to taste
- ☐ 0.3 cup sundried tomatoes drained (or re-hydrated)
- ☐ 0.3 cup tahini

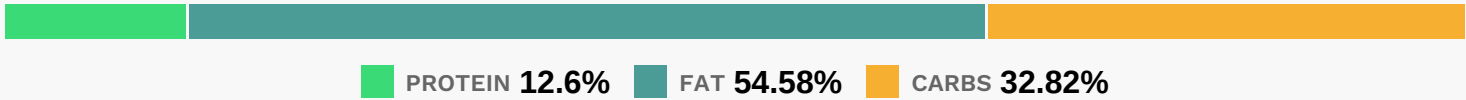
Equipment

☐ food processor

Directions

☐ Puree the chickpeas, sundried tomatoes, tahini, garlic, lemon juice and oil in a food processor adding more oil or water if necessary to bring it to the consistency that you like and salt, pepper and cayenne to taste.

Nutrition Facts



Properties

Glycemic Index:33.08, Glycemic Load:5.05, Inflammation Score:-7, Nutrition Score:14.743043422699%

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 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 272.8kcal (13.64%), Fat: 17.61g (27.1%), Saturated Fat: 2.4g (14.98%), Carbohydrates: 23.84g (7.95%), Net Carbohydrates: 17g (6.18%), Sugar: 3.18g (3.54%), Cholesterol: 0mg (0%), Sodium: 309.17mg (13.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.3%), Manganese: 1.05mg (52.55%), Vitamin B6: 0.61mg (30.67%), Fiber: 6.83g (27.34%), Copper: 0.51mg (25.7%), Phosphorus: 236.25mg (23.63%), Vitamin B1: 0.32mg (21.37%), Vitamin A: 919.27IU (18.39%), Iron: 2.82mg (15.64%), Magnesium: 60.43mg (15.11%), Potassium: 516.81mg (14.77%), Vitamin C: 11.1mg (13.45%), Folate: 51.15µg (12.79%), Selenium: 7.96µg (11.37%), Zinc: 1.63mg (10.86%), Vitamin E: 1.63mg (10.86%), Vitamin B3: 1.8mg (9%), Vitamin K: 8.79µg (8.37%), Calcium: 71.22mg (7.12%), Vitamin B2: 0.09mg (5.24%), Vitamin B5: 0.49mg (4.86%)