



Super Easy Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 ounce garbanzo beans drained canned
- 1 clove garlic crushed
- 0.5 teaspoon ground cumin
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 2 drops sesame oil to taste

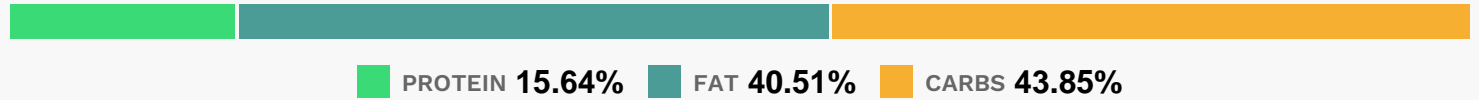
Equipment

food processor

Directions

Blend garbanzo beans, lemon juice, olive oil, garlic, cumin, salt, and sesame oil in a food processor; stream reserved bean liquid into the mixture as it blends until desired consistency is achieved.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:3.97, Inflammation Score:-2, Nutrition Score:7.0473914275999%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 131.79kcal (6.59%), Fat: 6.14g (9.45%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 14.96g (4.99%), Net Carbohydrates: 10.23g (3.72%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 586.88mg (25.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.67%), Manganese: 0.89mg (44.58%), Vitamin B6: 0.51mg (25.75%), Fiber: 4.73g (18.92%), Phosphorus: 87.74mg (8.77%), Iron: 1.51mg (8.4%), Copper: 0.17mg (8.39%), Magnesium: 30.04mg (7.51%), Folate: 27.38µg (6.84%), Zinc: 0.76mg (5.05%), Potassium: 164.52mg (4.7%), Calcium: 41.33mg (4.13%), Vitamin E: 0.53mg (3.5%), Vitamin B5: 0.33mg (3.27%), Selenium: 2.25µg (3.21%), Vitamin B1: 0.04mg (2.53%), Vitamin C: 1.81mg (2.19%), Vitamin K: 2.2µg (2.1%), Vitamin B2: 0.02mg (1.07%)