



Tao Hummus

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup chickpeas cooked
- 2 tablespoons parsley fresh chopped to taste
- 2 cloves garlic finely chopped
- 0.8 teaspoon ground cumin
- 0.3 cup juice of lemon
- 0.8 teaspoon salt
- 0.5 cup tahini
- 0.3 cup water

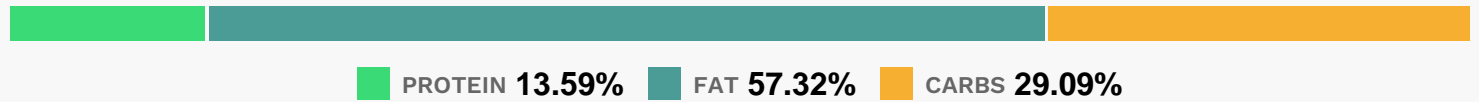
Equipment

- food processor
- blender

Directions

- Combine chickpeas, tahini, water, lemon juice, garlic, cumin, and salt in food processor or blender; puree until smooth.
- Transfer hummus to a flat dish.
- Sprinkle parsley over the hummus to serve.

Nutrition Facts



Properties

Glycemic Index:15.46, Glycemic Load:1.51, Inflammation Score:-4, Nutrition Score:9.1986957373826%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 168.37kcal (8.42%), Fat: 11.41g (17.55%), Saturated Fat: 1.57g (9.8%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 9.88g (3.59%), Sugar: 1.6g (1.77%), Cholesterol: 0mg (0%), Sodium: 301.53mg (13.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.17%), Vitamin B1: 0.36mg (23.79%), Vitamin K: 22.99µg (21.9%), Copper: 0.43mg (21.44%), Phosphorus: 208.28mg (20.83%), Folate: 70.73µg (17.68%), Manganese: 0.31mg (15.53%), Fiber: 3.14g (12.56%), Selenium: 8.06µg (11.51%), Iron: 1.95mg (10.83%), Zinc: 1.39mg (9.25%), Vitamin C: 7.23mg (8.77%), Magnesium: 34.67mg (8.67%), Vitamin B3: 1.32mg (6.58%), Potassium: 197.74mg (5.65%), Calcium: 48.66mg (4.87%), Vitamin B6: 0.09mg (4.37%), Vitamin A: 136.98IU (2.74%), Vitamin B2: 0.05mg (2.7%), Vitamin B5: 0.1mg (1.03%)