



Traditional Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 garlic cloves crushed
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 31 ounce no-salt-added chickpeas rinsed drained canned (garbanzo beans)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup tahini (sesame seed paste)
- ☐ 0.5 cup water

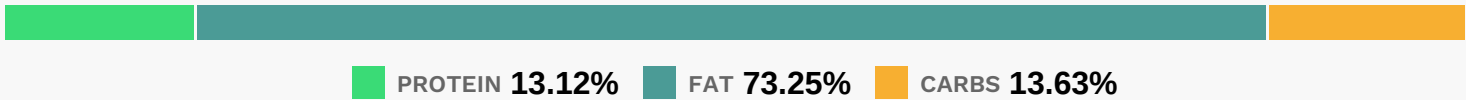
Equipment

- ☐ food processor
- ☐ oven
- ☐ baking pan

Directions

- ☐ Place beans and garlic in a food processor; pulse 5 times or until chopped.
- ☐ Add 1/2 cup water and remaining ingredients; pulse until smooth, scraping down sides as needed.
- ☐ Feta-
- ☐ Combine Traditional Hummus, 1/2 cup (2 ounces) crumbled reduced-fat feta cheese, 1/4 cup chopped fresh parsley, and 1/2 teaspoon ground cumin.
- ☐ Transfer mixture to an 8-inch square baking dish coated with cooking spray.
- ☐ Sprinkle with 1/2 cup (2 ounces) crumbled reduced-fat feta cheese.
- ☐ Bake at 400 for 25 minutes or until lightly browned.
- ☐ Garnish with parsley sprigs.

Nutrition Facts



Properties

Glycemic Index:1.94, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:5.8739130742362%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 183.7kcal (9.18%), Fat: 15.99g (24.6%), Saturated Fat: 3.09g (19.31%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 5.22g (1.9%), Sugar: 2.92g (3.25%), Cholesterol: 0mg (0%), Sodium: 60.08mg (2.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.88%), Manganese: 0.41mg (20.4%), Vitamin B3: 3.71mg (18.53%),

Vitamin E: 2.63mg (17.52%), Magnesium: 48.12mg (12.03%), Phosphorus: 107.24mg (10.72%), Copper: 0.15mg (7.39%), Folate: 26.02µg (6.51%), Vitamin B6: 0.13mg (6.35%), Fiber: 1.47g (5.89%), Zinc: 0.78mg (5.2%), Vitamin B1: 0.07mg (4.78%), Potassium: 164.28mg (4.69%), Vitamin B2: 0.06mg (3.26%), Iron: 0.57mg (3.18%), Vitamin B5: 0.29mg (2.94%), Selenium: 1.8µg (2.57%), Calcium: 16.75mg (1.67%)