

Turbo Hummus



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



310 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 1 can garbanzo beans drained chickpeas
- ☐ 2 cloves garlic
- ☐ 1 pinch kosher salt
- ☐ 1 lemon zest juiced
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 handful parsley leaves fresh
- ☐ 2 tablespoons smooth peanut butter

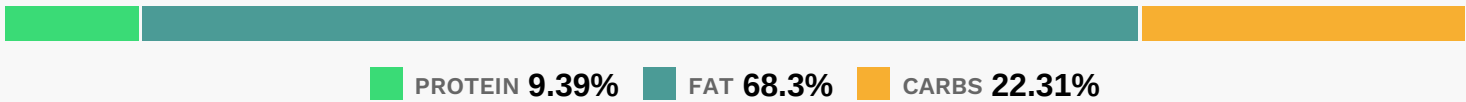
Equipment

☐ food processor

Directions

- ☐ Watch how to make this recipe.
- ☐ Chop the garlic finely in a food processor.
- ☐ Add the beans and 1/2 of the reserved liquid and process finely or to desired consistency.
- ☐ Add the peanut butter, parsley, lemon zest and juice, black pepper, and salt. Process until it forms a paste.
- ☐ Drizzle in the olive oil and process until it reaches the consistency of mayonnaise.

Nutrition Facts



Properties

Glycemic Index:37.08, Glycemic Load:4.5, Inflammation Score:-4, Nutrition Score:10.959565214489%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 309.9kcal (15.5%), Fat: 24.32g (37.41%), Saturated Fat: 3.53g (22.04%), Carbohydrates: 17.88g (5.96%), Net Carbohydrates: 12.28g (4.47%), Sugar: 0.93g (1.03%), Cholesterol: 0mg (0%), Sodium: 360.11mg (15.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Manganese: 1.07mg (53.68%), Vitamin B6: 0.59mg (29.67%), Vitamin K: 27.33µg (26.03%), Fiber: 5.6g (22.39%), Vitamin E: 3.33mg (22.22%), Phosphorus: 120.81mg (12.08%), Magnesium: 45.24mg (11.31%), Copper: 0.21mg (10.73%), Iron: 1.73mg (9.63%), Folate: 36.96µg (9.24%), Zinc: 1.02mg (6.78%), Potassium: 222.67mg (6.36%), Vitamin B3: 1.24mg (6.21%), Calcium: 49.96mg (5%), Vitamin C: 3.85mg (4.66%), Vitamin B5: 0.44mg (4.41%), Selenium: 2.82µg (4.03%), Vitamin B1: 0.05mg (3.47%), Vitamin B2: 0.04mg (2.13%), Vitamin A: 102.25IU (2.04%)