



Wendy Jae's Hummus

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

15 min.

SERVINGS

servings

8

CALORIES

calories

117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 ounce garbanzo beans drained canned
- ☐ 1.5 teaspoons basil dried
- ☐ 1.5 teaspoons parsley dried
- ☐ 1.5 teaspoons sage dried
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1.5 teaspoons oregano dried
- ☐ 0.3 cup onion red chopped

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3 tablespoons roasted garlic chopped

Equipment

☐

food processor

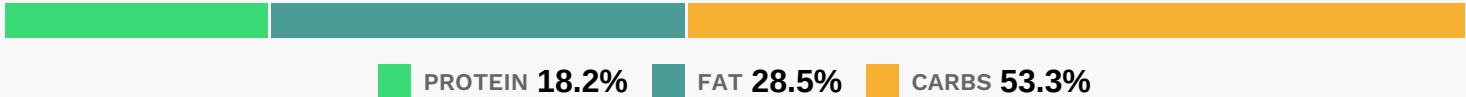
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blender

Directions

- ☐ In a food processor or blender, pulse garlic and onions until finely chopped.
- ☐ Add garbanzo beans, one can at a time, and pulse to puree. Blend in sage, basil, oregano, parsley, lemon juice and oil; puree until smooth.

Nutrition Facts



Properties

Glycemic Index:12.79, Glycemic Load:4.28, Inflammation Score:-5, Nutrition Score:7.8526087014571%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.85mg, Apigenin: 0.85mg, Apigenin: 0.85mg, Apigenin: 0.85mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 117.45kcal (5.87%), Fat: 3.87g (5.96%), Saturated Fat: 0.48g (2.97%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 11.23g (4.08%), Sugar: 0.31g (0.34%), Cholesterol: 0mg (0%), Sodium: 296.63mg (12.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.13%), Manganese: 0.97mg (48.3%), Vitamin B6: 0.55mg (27.7%), Fiber: 5.07g (20.3%), Iron: 1.7mg (9.42%), Phosphorus: 92.41mg (9.24%), Copper: 0.18mg (9.02%), Magnesium: 32.57mg (8.14%), Folate: 29.55µg (7.39%), Vitamin K: 7.25µg (6.9%), Calcium: 54.63mg (5.46%), Zinc: 0.8mg (5.35%), Potassium: 184.73mg (5.28%), Selenium: 2.6µg (3.72%), Vitamin B5: 0.35mg (3.5%), Vitamin B1: 0.04mg (2.92%), Vitamin C: 2.18mg (2.64%), Vitamin E: 0.35mg (2.33%), Vitamin B2: 0.03mg (1.51%)