

# Israeli Hummus

Yield: 2 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/israeli-hummus-recipe-zahav>

## Ingredients:

- 1 cup chick peas drained
- 2 teaspoons baking soda
- 1/2 cup sauce Tahini
- 3/4 teaspoon sea salt
- 1/4 teaspoon ground cumin
- 2 tablespoons extra-virgin olive oil drizzled over hummus before serving
- paprika
- fresh parsley leaves as garnish, optional

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 35 grams
3. Fat: 17 grams
4. Fiber: 8 grams
5. Protein: 7 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 2710 milligrams
8. Sugar: 6 grams

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