

# Italian Pickled Vegetable (Giardiniera) Hummus

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/pickling-recipe-italian-blend>

## Ingredients:

- 15 ounces chick peas no salt added
- 1 clove garlic
- 1 cup giardiniera fancy, packed & stems removed from peppers, I used Cento brand
- 1 1/2 teaspoons liquid jarred giardiniera
- 2 tablespoons lemon juice freshly squeezed
- 1/4 teaspoon kosher salt
- 1/4 cup olive oil
- crushed red pepper flakes for garnish, optional

## Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 28 grams
3. Fat: 15 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. SaturatedFat: 2 grams
7. Sodium: 470 milligrams
8. Sugar: 1 grams

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