

Italian Hummus

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/prezzo-italian-hummus-recipe>

Ingredients:

- 1 pound garbanzo beans bag of organic
- 1 lemon fresh juice
- 1/2 teaspoon sea salt Celtic Grey, Himalayan, or Redmond Real Salt
- 4 cloves garlic
- 1/2 cup extra-virgin olive oil add more as needed to get desired smooth creamy consistency
- 1 teaspoon oregano dried
- oregano Optional: Sprinkle, on top of hummus before serving

Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 75 grams
3. Fat: 34 grams
4. Fiber: 22 grams
5. Protein: 22 grams
6. SaturatedFat: 5 grams
7. Sodium: 330 milligrams
8. Sugar: 13 grams

Thank you for visiting our website. Hope you enjoy Italian Hummus above. You can see more 18 prezzo italian hummus recipe Prepare to be amazed! to get more great cooking ideas.