

# Homemade Hummus Dip

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/hummus-dip-recipe-india>

## Ingredients:

- 3 cloves garlic fresh
- 1 can garbanzo beans drained
- 1/2 cup water
- 2 tablespoons Tahini
- 1/2 lemon
- 2 tablespoons vinegar
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1 tablespoon extra virgin olive oil
- 1/2 tablespoon paprika

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 72 grams
3. Fat: 14 grams
4. Fiber: 20 grams
5. Protein: 23 grams
6. SaturatedFat: 2 grams
7. Sodium: 330 milligrams
8. Sugar: 12 grams

---

Thank you for visiting our website. Hope you enjoy Homemade Hummus Dip above. You can see more 17 hummus dip recipe india Taste the magic today! to get more great cooking ideas.