

Recipe Analyzer Results

A single serving of humus has 362 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 1

Amount per serving

Calories **362**

% Daily Value*

Total Fat 12.1g **15%**

Saturated Fat 1.8g **9%**

Cholesterol 0mg **0%**

Sodium 1425mg **62%**

Total Carbohydrate 44.5g **16%**

Dietary Fiber 10.3g **37%**

Total Sugars 5.6g

Protein 17.9g

Vitamin D 0mcg **0%**

Calcium 196mg **15%**

Iron 4mg **23%**

Potassium 546mg **12%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**

Ingredients:

- 100 g chickpeas salt
- 19 g sesame seed dip
- 22 g lemon juice
- 35 g garlic
- 90 g mushrooms pickled
- g Smoked Paprika Spice McCormick
- g Parsley Raw