

# Whole-Grain Crackers with Hummus

Fuel up and fill up with fiber- and protein-packed hummus. Nutrient information varies with quantity eaten. Enjoy as much as you'd like until you feel satisfied!

## About the Recipe

**165 Calories · 6g Protein · 5.5g Fiber**

**Snack**

**Gluten-free · Nut-free**

## Ingredients

***Makes 1 Servings***

- 6-8 whole grain crackers (serving varies per brand)
- 1/4 c (78 g) low-fat hummus

## Directions

## Nutrition Facts

**Calories:** 165

**Fat:** 3 g

**Saturated Fat:** 0.4 g

**Calories from Fat:** 16%

**Cholesterol:** 0 mg

**Protein:** 6 g

**Carbohydrates:** 30 g

**Sugar:** 2.3 g

**Fiber:** 5.5 g

**Sodium:** 526 mg

**Calcium:** 41 mg

**Iron:** 1.5 mg

**Vitamin C:** 9.6 mg

**Beta-Carotene:** 61 mcg

**Vitamin E:** 0.7 mcg