

# Hummus

## About the Recipe

**73 Calories · 2 g Protein · 1 g Fiber**

**Appetizers**

## Ingredients

***Makes 12 Servings***

- 1 15-ounce can low-sodium chickpeas or 1 1/2 cups cooked chickpeas, drained and rinsed
- 1/4 cup (2 fl oz) olive oil (see note for oil-free option)
- 1 clove garlic
- Juice of 1 lemon
- 1/4 teaspoon ground cumin
- 1/4 teaspoon sea salt
- Smoked paprika, for garnish
- Olive oil, for garnish

## Directions

1. Add the chickpeas, oil, garlic, lemon juice, cumin, and salt to a food processor and process until smooth and creamy. **OIL-FREE:** Omit the olive oil and use 1/4 cup water instead.

## Nutrition Facts

*Per serving:*

**Calories:** 73

**Fat:** 5 g

**Saturated Fat:** 1 g

**% Calories From Fat:** 62%

**Cholesterol:** 0 mg

**Protein:** 2 g

**Carbohydrate:** 5 g

**Sugar:** 1 g

**Fiber:** 1 g

**Sodium:** 51 mg

**Calcium:** 12 mg

**Iron:** 0 mg

**Vitamin C:** 2 mg

**Beta-Carotene:** 4 mcg

**Vitamin E:** 1 mg