

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