

Quick Chickpea Dip

Ingredients:

- 1 can (16 oz.) chickpeas (garbanzo beans)
- 2 tablespoons light mayonnaise
- 1/2 lemon, juiced
- 1/4 cup red pepper, diced
- 1/4 cup celery, diced
- Pinch of black pepper
- Pinch of cayenne pepper or paprika
- 2 cucumbers, peeled and sliced into rounds

Directions:

1. In a small bowl, coarsely mash the chickpeas with a potato masher, leaving some beans whole.
2. Add remaining ingredients, except for cucumber, and mix well.
3. Spoon about 1 tablespoon chickpea dip onto each cucumber round. Enjoy with other veggies as well.

Nutrition Facts	
Serving Size 2 tbsp dip with 2 cucumber rounds (147g)	
Servings Per Container 8	
Amount Per Serving	
Calories 80	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 4g	
Vitamin A 6%	• Vitamin C 20%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:
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Source: American Diabetes Association

