

HUMMUS

INGREDIENTS:

- 1 (15oz) can chickpeas, drained and rinsed
- 2 to 4 tablespoons water
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 garlic clove, minced
- 3/4 teaspoon ground cumin
- 1/4 to 1/2 teaspoon salt

DIRECTIONS:

1. Add the chickpeas, 2 tablespoons water, olive oil, lemon juice, garlic, cumin, and 1/4 teaspoon of salt to a food processor.
2. Process until smooth. If needed, add additional water to thin out the hummus, and extra 1/4 teaspoon of salt to your taste preference.
3. Enjoy cold; keep stored covered in the refrigerator for 7 days.

Nutrition Facts

Serving Size (125g)
Servings Per Container 8

Amount Per Serving

Calories 130 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 20g **7%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 6g

Vitamin A 0% • Vitamin C 10%

Calcium 4% • Iron 6%

*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

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

Source: thewholesomedish.com

