

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