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