Baby Carrots and Low-Fat Hummus

Source: Susan Levin, MS, RD, CSSD

Serve baby carrots with leftover low-fat hummus for a quick snack!

About the Recipe

171 Calories · 7.1 g Protein · 8.4 g Fiber
Snack
Gluten-free · Nut-free

Ingredients

Makes 2 Servings

- 1 1/2 c (228 g) cooked chickpeas or 15-oz (425 g) can low-sodium chickpeas, drained and rinsed
- 2 tbsp (30 mL) lemon juice
- 1 tsp (5 mL) tahini
- 1 clove garlic or 1/8 tsp (0.6 mL) garlic powder
- dash ground black pepper
- 1/2 c (120 mL) roasted red peppers; water soaked
- 1/4 tsp (1.2 mL) ground cumin

Directions

1. Place chickpeas in a food processor or blender with lemon juice, tahini, garlic, and black pepper (for red pepper version, add red peppers and cumin). Process until very smooth (about 1-2 minutes). If more liquid is needed, add more lemon juice or water. Garlic, cumin, and black pepper can be adjusted for personal taste preferences.
2. Serve with baby carrots.

Nutrition Facts

Per serving:

Calories: 171

Fat: 3.4 g

- Saturated Fat: 0.3 g
- Calories From Fat: 16.8%

Cholesterol: 0 mg

Protein: 7.1 g

Carbohydrate: 30 g

Sugar: 8.6 g

Fiber: 8.4 g

Sodium: 82 mg

Calcium: 82 mg

Iron: 2.6 mg

Vitamin C: 10.6 mg

Beta-Carotene: 10,704 mcg

Vitamin E: 1.1 mg