



WESTERN WISCONSIN HEALTH

GARLIC HUMMUS **(GLUTEN FREE)**

- 2 cloves garlic (1 chopped)
- 1-19 oz. can garbanzo beans, drained
- 4 T. lemon juice 2 T. tahini
- Black pepper to taste
- 1 tsp. salt, optional
- 2 T. olive oil to drizzle on top, optional

Nutrition Facts

Serving Size (33g)
Servings Per Container

Amount Per Serving

Calories 60 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 2%

*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

In a blender, chop the garlic. Pour garbanzo beans into blender, reserving about a tablespoon for garnish. Place lemon juice, tahini, chopped garlic (and salt if desired) in blender. Blend until creamy and well mixed. Transfer the mixture to a medium serving bowl. Sprinkle with pepper and drizzle olive oil on top if desired. Garnish with reserved garbanzo beans.

NUTRITION FACTS: Serving size: 1/4 cup per serving, 20 servings