

Hummus

Yield: 4 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/canned-chickpeas-japanese-recipe>

Ingredients:

- 2 cups garbonzo beans drained
- 1/3 cup tahini
- 1/4 cup lemon juice
- 1 teaspoon sea salt
- 2 cloves garlic minced
- 1 tablespoon olive oil
- paprika to taste

Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 69 grams
3. Fat: 19 grams
4. Fiber: 20 grams
5. Protein: 23 grams
6. SaturatedFat: 3 grams
7. Sodium: 630 milligrams
8. Sugar: 12 grams

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