

The Truth About Cholesterol

Maria Gru, Cal Poly Pomona Dietary Intern



Olive Cilantro Hummus

Preparation Time: 10 minutes

1-15oz. can garbanzo beans, drained

1/4 c. black pitted olives

2 tbs. fresh lemon juice

2 tbs. cilantro

2 clove garlic

1/4 tsp smoked paprika

Fresh cut Veggies for dipping

Place all ingredients in food processor or blender until smooth.

Place in serving dish, sprinkle with paprika and enjoy!

Nutritional Information

Serving Size: 1/6 of a recipe

Servings Per Recipe: 6

Amount Per Serving

Calories: 130

Calories from Fat: 75

% Daily Value *

Total Fat: 8.3g 13%

Saturated Fat: 1.1g 6%

Cholesterol: 0mg 0%

Sodium: 424mg 17%

**** Potassium:** 104mg 3%

Total Carbohydrates: 11.9g 4%

Dietary Fiber: 2.2g 9%

Protein: 2.5g 5%

**** Sugars:** 0.3g

**** Vitamin C** 12%

**** Calcium** 3%

**** Iron** 8%

**** Niacin** 4%

**** Vitamin B6** 15%

**** Magnesium** 6%

**** Folate** 19%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Nutrient information is not available for all ingredients. Amount is based on available nutrient data.

(-)Information is not currently available for this nutrient. If you are following a medically restrictive diet, please consult your doctor or registered dietitian before preparing this recipe for personal consumption