

Eat Smart • Move More

Hummus de Pimiento Rojo Asado

Tiempo de Preparación: 10 minutos

Tiempo Total: 10 minutos



Ingredientes

- 32 onzas de garbanzos en lata o frijoles garbanzo, escurridos y enjuagados con ½ taza de líquido reservado
- 1 taza de pimientos rojos rostizados en frasco, escurridos
- ½ taza de jugo de limón
- 2 cucharadas de aceite de oliva
- 1½ cucharadas de mantequilla de cacahuete o tahini
- ½ cucharadita de comino molido
- ¼ cucharadita de ajo en polvo
- ⅛ cucharadita de pimienta de cayena
- ⅛ cucharadita de pimienta negra molida
- 6 zanahorias, cortadas en tiras

Preparación

- Combinar todos los ingredientes, excepto las zanahorias en una licuadora o procesadora de alimento y mezclar hasta lograr una consistencia suave.
- Servir con las tiras de zanahorias. NOTA: también puede servirse con pimientos, apio, rabanitos, coliflor, brócoli y pan pita integral tostado.

Nutrition Facts

12 servings per container	
Serving size	1 serving (129.6g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes g of Added Sugars	
Protein 5g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 1mg	6%
Potassium 251mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consejos Rápidos

- ▶ ¡Utilice como salsa o acompañamiento en un sándwich para una colación saludable!
- ▶ ½ taza de jugo de limón es aproximadamente 2 limones en jugo.

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