

Eat Smart • Move More

Hummus

Tiempo de Preparación: 15 minutos

Tiempo Total: 15 minutos



Ingredientes

- 16 onzas de garbanzos enlatados, escurridos (reservar el líquido) y enjuagados
- ¼ taza del líquido restante de los frijoles enlatados
- ¼ taza de jugo de limón
- 2 cucharadas de aceite de oliva
- 1 ½ cucharadas de tahini
- ½ cucharadita de sal
- ¼ cucharadita de ajo en polvo
- 5 tazas de guisantes, deshilados

Nutrition Facts

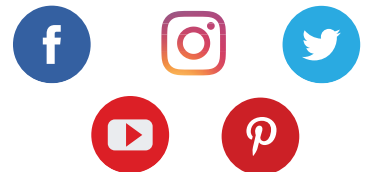
10 servings per container		
Serving size		1 serving
		(119.09g)
Amount per serving		
Calories		110
% Daily Value*		
Total Fat	5g	6%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrate	12g	4%
Dietary Fiber	4g	14%
Total Sugars	5g	
Includes g of Added Sugars		
Protein	4g	
Vitamin D	0mcg	0%
Calcium	50mg	4%
Iron	1mg	6%
Potassium	202mg	4%

*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

- Para remover el hilo de los guisantes, gentilmente rompa el tallo en un extremo y tire hacia abajo, removiendo los hilos (cuerdas) que se extienden a lo largo de la "costura" en cada lado.

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Preparación

- Mezclar todos los ingredientes, excepto los guisantes, en una licuadora o procesadora de alimento durante 3-5 minutos hasta lograr una consistencia suave.
- Volcar la mezcla en un bol y servir inmediatamente con los guisantes o tapar y refrigerar.

(Receta adaptada de Simple Healthy Recipes, listada en: <https://whatscooking.fns.usda.gov/>)

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