



Taco Hummus and Tortilla Chips

 Vegetarian

READY IN



25 min.

SERVINGS



16

CALORIES



57 kcal

SIDE DISH

Ingredients

- 15 oz garbanzo beans undrained canned (garbanzo beans)
- 4 6-inch flour tortilla soft for taco & fajitas (
- 2 tablespoons cilantro leaves fresh chopped
- 1 clove garlic chopped
- 1 tablespoon juice of lemon
- 2 teaspoons olive oil
- 0.3 cup queso fresco crumbled
- 1 tablespoon taco seasoning (from 1-oz package)

1 tablespoon water

Equipment

food processor

baking sheet

oven

wire rack

blender

Directions

Heat oven to 400F. Spray cookie sheet with cooking spray.

To make tortilla chips, lightly brush both sides of each tortilla with water. Lightly sprinkle taco seasoning mix over both sides of each tortilla.

Cut each tortilla into 8 wedges; place on cookie sheet.

Bake 4 to 5 minutes or until light golden brown.

Remove from cookie sheet to cooling rack. Cool completely, about 10 minutes.

Meanwhile, to make hummus, drain chickpeas, reserving liquid. In blender or food processor, place chickpeas, oil, lemon juice, garlic and remaining 1 tablespoon taco seasoning mix. Cover; blend until smooth.

Add reserved chickpea liquid, 1 teaspoon at a time, until desired consistency.

Garnish hummus with cilantro and queso fresco.

Serve with tortilla chips.

Nutrition Facts



PROTEIN 15.73% **FAT 32.16%** **CARBS 52.11%**

Properties

Glycemic Index:8.52, Glycemic Load:2.16, Inflammation Score:-1, Nutrition Score:2.759565219931%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 57.25kcal (2.86%), Fat: 2.07g (3.19%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 6.09g (2.22%), Sugar: 0.38g (0.42%), Cholesterol: 1.32mg (0.44%), Sodium: 156.13mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.57%), Manganese: 0.26mg (12.91%), Vitamin B6: 0.13mg (6.72%), Fiber: 1.47g (5.88%), Phosphorus: 44.44mg (4.44%), Selenium: 2.6µg (3.71%), Folate: 14.05µg (3.51%), Iron: 0.62mg (3.45%), Vitamin B1: 0.05mg (3.18%), Calcium: 31.5mg (3.15%), Copper: 0.05mg (2.5%), Magnesium: 9.41mg (2.35%), Vitamin B3: 0.37mg (1.85%), Zinc: 0.28mg (1.84%), Vitamin B2: 0.03mg (1.7%), Potassium: 52.09mg (1.49%), Vitamin B5: 0.1mg (1.01%)