



Taco Hummus and Tortilla Chips

 Vegetarian

READY IN



25 min.

SERVINGS



16

CALORIES



79 kcal

SIDE DISH

Ingredients

- ☐ 8.2 oz flour tortilla soft for tacos and fajitas (10 count)
- ☐ 1 tablespoon water
- ☐ 1 tablespoon taco seasoning (6.25 oz)
- ☐ 15 oz garbanzo beans undrained canned (garbanzo beans)
- ☐ 2 teaspoons olive oil
- ☐ 1 tablespoon juice of lemon
- ☐ 1 clove garlic chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped

☐ 0.3 cup queso fresco crumbled

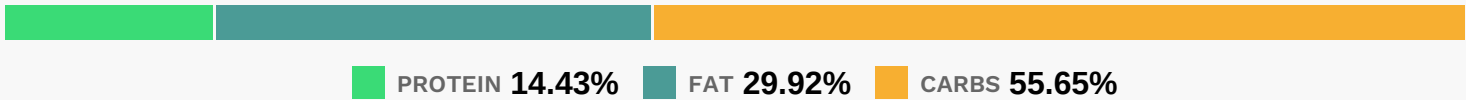
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ blender

Directions

- ☐ Heat oven to 400°F. 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



Properties

Glycemic Index:8.52, Glycemic Load:3.26, Inflammation Score:-1, Nutrition Score:3.526086907024%

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: 78.76kcal (3.94%), Fat: 2.64g (4.06%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 9.32g (3.39%), Sugar: 0.64g (0.71%), Cholesterol: 1.32mg (0.44%), Sodium: 207.86mg (9.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Manganese: 0.29mg (14.65%), Vitamin B6: 0.14mg (6.93%), Fiber: 1.72g (6.86%), Selenium: 4.17µg (5.95%), Phosphorus: 58.92mg (5.89%), Vitamin B1: 0.08mg (5.53%), Folate: 20.66µg (5.16%), Iron: 0.88mg (4.87%), Calcium: 41.77mg (4.18%), Vitamin B3: 0.68mg (3.4%), Copper: 0.06mg (2.87%), Vitamin B2: 0.05mg (2.86%), Magnesium: 10.96mg (2.74%), Zinc: 0.31mg (2.08%), Potassium: 60.88mg (1.74%), Vitamin K: 1.52µg (1.45%), Vitamin B5: 0.11mg (1.13%)