



Chickpeas are a helpful source of [zinc](#), [folate](#) and [protein](#).^{[13][14]} They are also very high in [dietary fiber](#) and hence a healthy source of [carbohydrates](#) for persons with [insulin](#) sensitivity or [diabetes](#).^[citation needed] Chickpeas are low in fat and most of this is [polyunsaturated](#). Nutrient profile of desi chana (the smaller variety) is different, especially the fibre content which is much higher than the light coloured variety. One hundred grams of mature boiled chickpeas contains 164 calories, 2.6 grams of fat (of which only 0.27 grams is saturated), 7.6 grams of dietary fiber and 8.9 grams of protein. Chickpeas also provide dietary [phosphorus](#) (49-53 mg/100 g), with some sources citing the garbanzo's content as about the same as yogurt and close to milk.^[citation needed]

Recipe for Hummus Dip - <http://www.foodnetwork.com>

Prep Time – 10 minutes – Easy

2 (15 ounce) cans chickpeas, drained and rinsed

½ cup extra-virgin olive oil or more as needed, plus more for garnish

½ Lemon, juiced

2 Tablespoons roughly chopped fresh parsley leaves, plus more for garnish

2 cloves garlic, peeled

1 ½ teaspoon salt

½ teaspoon dark Asian Sesame Oil

½ to 1 teaspoon ground cumin

12 to 15 grind black pepper

¼ cup water

Paprika for garnish

In a blender or food processor combine all ingredients except the parsley and paprika to be used for garnish. Blend on low speed until smooth. You'll have to stop the blender often to push or scrape down ingredients. If mixture is too dry and you're having trouble blending it, add a few more tablespoons of olive oil to help things along. Scrape the hummus onto a plate. Sprinkle the paprika over top, drizzle lightly with olive oil, scatter some parsley on top and serve. Can make couple hours before serving. Cover top with plastic wrap and leave at room temp.

Calories: 57 Total Fat: 4 grams Saturated Fat: 0.5 grams Protein 1 gram Total Carbs 5 Grams Sugar 0 grams Fiber 1 gram Cholesterol 0 milligrams Sodium 96 milligrams

Bon Appetit!!

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