

Garbanzo Bean Dip

Easy Summer Entertaining (1991)

Kraft General Foods, Inc.

Yield: 2 cups

1 can (15 ounce) garbanzo beans, undrained

1/2 cup Miracle Whip®

2 cloves garlic, minced

1 tablespoon lemon juice

1/2 teaspoon ground cumin

Preparation Time: 10 minutes

Drain the beans, reserving two tablespoons of the liquid.

Place the beans and the reserved liquid in a food processor container with a steel blade attached or a blender. Process until smooth.

Add the Miracle Whip, garlic, lemon juice and cumin. Process until well blended.

Chill.

Serve with tortilla chips.

Per Serving (excluding unknown items): 1305 Calories; 68g Fat (46.0% calories from fat); 39g Protein; 141g Carbohydrate; 35g Dietary Fiber; 40mg Cholesterol; 811mg Sodium. Exchanges: 8 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 12 1/2 Fat; 1 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1305	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	46.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	42.2%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	11.7%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	68g	Folacin (mcg):	1115mcg
Saturated Fat (g):	9g	Niacin (mg):	3mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	5g	Alcohol (kcal):	0
Cholesterol (mg):	40mg	% Daily Value:	0.0%
	141g		

Food Exchanges

Carbohydrate (g):
Dietary Fiber (g): 35g
Protein (g): 39g
Sodium (mg): 811mg
Potassium (mg): 1811mg
Calcium (mg): 231mg
Iron (mg): 13mg
Zinc (mg): 7mg
Vitamin C (mg): 17mg
Vitamin A (i.u.): 150IU
Vitamin A (r.e.): 15 1/2RE

Grain (Starch): 8
Lean Meat: 2
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 12 1/2
Other Carbohydrates: 1

Nutrition Facts

Amount Per Serving

Calories 1305 **Calories from Fat:** 601

% Daily Values*

Total Fat 68g	105%
Saturated Fat 9g	46%
Cholesterol 40mg	13%
Sodium 811mg	34%
Total Carbohydrates 141g	47%
Dietary Fiber 35g	140%
Protein 39g	

Vitamin A	3%
Vitamin C	28%
Calcium	23%
Iron	74%

* Percent Daily Values are based on a 2000 calorie diet.