**The Truth About Cholesterol   
Maria Gru, Cal Poly Pomona Dietary Intern**

****

**Olive Cilantro Hummus**

**Preparation Time: 10 minutes**

1-15oz. can garbanzo beans, drained

1/4 c. black pitted olives

2 tbs. fresh lemon juice

2 tbs. cilantro

2 clove garlic

1/4 tsp smoked paprika

Fresh cut Veggies for dipping

Place all ingredients in food processor or

blender until smooth.   
Place in serving dish, sprinkle with paprika and enjoy!

**Nutritional Information**

Serving Size: 1/6 of a recipe

Servings Per Recipe: 6

Amount Per Serving

Calories: 130

Calories from Fat: 75

% Daily Value \*

**Total Fat:** 8.3g 13%

**Saturated Fat:** 1.1g 6%

**Cholesterol:** 0mg 0%

**Sodium:** 424mg 17%

**\*\* Potassium:** 104mg 3%

**Total Carbohydrates:** 11.9g 4%

**Dietary Fiber:** 2.2g 9%

**Protein:** 2.5g 5%

**\*\* Sugars:** 0.3g

**\*\* Vitamin C** 12%

**\*\* Calcium** 3%

**\*\* Iron** 8%

**\*\* Niacin** 4%

**\*\* Vitamin B6** 15%

**\*\* Magnesium** 6%

**\*\* Folate** 19%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

\*\*Nutrient information is not available for all ingredients. Amount is based on available nutrient data.

(-)Information is not currently available for this nutrient. If you are following a medically restrictive diet, please consult your doctor or registered dietitian before preparing this recipe for personal consumption