

## Seasoned Mashed Chickpeas

submitted by klehrhar503m

Per serving: 153 Calories • 18.2g Carbs (5.4g Fiber) • 6.9g Fat • 6.1g Protein

### Ingredients

*Ingredients scaled to: 1 serving*

1/2 cup **Chickpeas** (120 grams)

1 tsp **Olive oil** (4.5 grams)

1 clove **Garlic** (3 grams)

1 tbsp **Lemon juice** (15 grams)

### Directions

*Directions are based on the original recipe of 1 serving*

1. Mash chickpeas with oil in small serving bowl.
2. Combine with garlic and lemon juice.