



Restaurant Guide

Humble Hummus

Creamy, loaded with protein-rich beans and heart-healthy olive oil, what's not to like about hummus? For those looking to swap out their chips and dip for something healthier, hummus is the perfect answer. It pairs well with raw veggies or whole grain bread for an ideal snack or sandwich accompaniment. Think hummus is too mild for your tastes? Think again. Recently there's been a flavor explosion for this simple dip. While traditional hummus is basically garbanzo beans, garlic, lemon, olive oil, and perhaps tahini, newer versions in your supermarket are going outside the recipe box by using different beans or even vegetables as the base with flavorful ingredients like sriracha, caramelized onions, avocado—and even chocolate.

The only thing to watch out for is sodium. While several hummus varieties are quite low in sodium, many have 200 milligrams (mg) in just one 2-tablespoon serving, so keep your eye on the nutrition label. Remember, you can whip up your own low-sodium version easily by pureeing drained unsalted, cooked or canned chickpeas, garlic, lemon juice, olive oil and tahini in the blender or food processor.

Helpful Hints. Keep these ideas in mind when choosing hummus.

- ▶ **Watch your serving.** A serving size is only 2 tablespoons. Because the calorie and fat content is usually moderate (up to 80 calories and 6 grams fat per serving), going a bit overboard shouldn't be too much of an issue. However if you have concerns regarding sodium, try to choose a variety with less than 125 mg per serving.
- ▶ **Experiment!** Hummus is a great dip for crackers and veggies, but it also can be used in other ways. Try it in place of mayo as a sandwich spread, mix it with a little vinegar for a salad dressing, or toss it with hot pasta and your favorite seasonings for a delicious meal.
- ▶ **Protein power.** One of the perks of hummus is the satiating plant protein it contains, thanks to the beans. Make sure you're getting your beans' worth by choosing hummus with at least 2 grams of protein per serving. **EN**

—Heidi McIndoo, MS, RD

Hummus Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Picks contain no more than 125 mg sodium (5% DV) and at least 2 g protein (4% DV).



HUMMUS, 2 TABLESPOON SERVING	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
✓ Cedar's Artichoke Kalamata Hommus	60	3	0	5	105	1	1	2
✓ Cedar's Artichoke Spinach Hommus	70	4	0	5	105	1	1	2
Cedar's Chipotle Hommus	45	3	0	1	140	1	1	1
Cedar's Organic Roasted Red Pepper Hommus	70	6	0.5	4	160	1	1	2
Cedar's Roasted Eggplant Hommus	45	3	0	5	70	1	1	1
✓ Eatwell Embrace Life Yellow Lentil Spicy Hummus	60	3.5	0	5	125	1	1	2
Engine 2 Jalapeno Cilantro Hummus	25	0.5	0	3	40	<1	0	1
Engine 2 Traditional Hummus	25	1	0	4	50	<1	1	1
✓ Good Neighbors Organic Simply Zero Hummus	29	0	0	5	65	1	0	2
✓ Good Neighbors Roasted Garlic Hummus	50	2.5	0	5	65	2	1	2
✓ Good Neighbors Vegetable Hummus	50	2.5	0	5	65	2	1	2
✓ Good Neighbors Zesty Lemon Hummus	50	2.5	0	5	65	2	1	2
Heluva Good! Horseradish Hummus	70	6	0.5	4	130	1	1	1
✓ Heluva Good! Original Hummus	70	5	0.5	4	105	1	1	2
Hope Organic Dark Chocolate Hummus	40	0.5	0	6	40	2	4	1
Hope Organic Kale Pesto Hummus	50	4	0.5	3	90	0	0	1
Hope Organic Spicy Avocado Hummus	50	3.5	0.5	3	120	1	0	1
Joseph's Buffalo Style Hummus	70	5	0.5	3	120	1	0	1
✓ Joseph's Garlic & Chive Hummus	60	4	0	5	85	1	1	2
✓ Joseph's Original Hummus	60	4	0	5	85	1	1	2
✓ Joseph's Spinach Hummus	70	5	0.5	4	120	2	1	2
✓ Sabra Caramelized Onion with Smoked Paprika Hummus	70	5	0.5	4	125	1	<0.5	2
Sabra Roasted Garlic Hummus	70	5	1	5	130	2	0	2
Sabra Sundried Tomato Hummus	70	5	0.5	5	135	2	1	2
Sabra Taco Inspired Hummus with Pico de Gallo	70	5	0.5	5	130	1	1	2
Trader Joe's Beet Hummus	45	2.5	0	4	100	1	2	1
Trader Joe's Edamame Hummus	60	4.5	0.5	3	170	<1	1	2
Trader Joe's Hummus with Freshly Ground Horseradish	45	2.5	0	4	160	2	<1	1
✓ Trader Joe's Organic Hummus	70	5	1	4	125	1	1	2
Trader Joe's Smooth & Creamy Classic Hummus	80	5	0.5	6	140	2	1	2
Trader Joe's Smooth & Creamy Roasted Red Pepper Hummus	80	5	0.5	6	130	2	1	2
✓ Trader Joe's Spicy Hummus Dip	50	3.5	0	5	120	1	1	2
Trader Joe's Sriracha Hummus	60	3.5	0	5	190	1	1	2
Trader Joe's Tomato & Basil Hummus Dip	35	2	0	4	120	1	1	1
Trader Joe's White Bean & Basil Hummus	60	4.5	0	4	135	2	0	2
Tribe Cucumber & Tzatziki Hummus	50	3	0	5	150	1	0	2
Tribe Fiery Sriracha Hummus	60	3.5	0	5	180	1	1	2
Whole Foods Lowfat Hummus	25	0	0	4	100	1	1	1
Whole Foods Original Hummus	70	5	0.5	4	150	1	1	2
Whole Foods Roasted Garlic & Chive	70	5	0.5	4	150	1	1	2

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: food labels.