

Chickpea Sandwich Filling

- 1 (19 oz. can Garbanzo beans, drained and rinsed
- 2 cups celery, chopped
- ½ onion, chopped
- 1 tbsp Olive Oil Mayonnaise
- 1 tbsp lemon Juice
- 1 tsp. dried dill weed
- Pepper to taste

Directions:

Pour garbanzo beans into a large bowl and mash with a fork. Add celery and onion, stir. In a small bowl mix mayonnaise, lemon juice, dill weed, and pepper. Poor mayonnaise mixture onto garbanzo beans mixture and stir well. Cover with plastic wrap and refrigerate 2 hrs. prior to serving. Put on whole wheat bread or in a whole wheat pita with lettuce and tomato. Makes 4 servings.

Chickpea Filling Nutrition Facts

**Chickpea Pita Sandwich Nutrition Facts
(on 6" whole wheat pita)**

Nutrition Facts			
Serving Size (211g)			
Servings Per Container			
<hr/>			
Amount Per Serving			
Calories 170	Calories from Fat 35		
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		% Daily Value*	
Total Fat 4g			6%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 470mg			20%
Total Carbohydrate 27g			9%
Dietary Fiber 8g			32%
Sugars 3g			
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Protein 7g			
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Vitamin A 4%	•	Vitamin C 10%	
Calcium 6%	•	Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
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Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Nutrition Facts			
Serving Size (275g)			
Servings Per Container			
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Amount Per Serving			
Calories 340	Calories from Fat 50		
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		% Daily Value*	
Total Fat 6g			9%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 810mg			34%
Total Carbohydrate 62g			21%
Dietary Fiber 12g			48%
Sugars 4g			
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Protein 13g			
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Vitamin A 4%	•	Vitamin C 10%	
Calcium 6%	•	Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
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