



Nutrition Facts

Serving Size	1 12th recipe
Amount Per Serving	
Calories	260
% Daily Value	
Total Fat	6g9%
Saturated Fat	1g5%
Cholesterol	10mg3%
Sodium	1190mg50%
Total Carbohydrate	38g13%
Dietary Fiber	6g24%
Protein	14g28%
Vitamin A	%
Calcium	%
Vitamin C	%
Iron	%



Total Time  
**NOT  
AVAILABLE**

Serving Size  
**1 12TH RECIPE**

Difficulty  
**EASY**

Yields  
**12**

## INSTRUCTIONS

1. Prepare soup with water as directed.
2. Stir chickpeas into soup; bring to simmer. Cook for 5 to 8 minutes or until heated through. Whisk in tahini, lemon juice and garlic.



### Tip

For each portion, ladle 1 1/3 cups (330 mL) into bowl; garnish with 2 tsp (10 mL) parsley.