



RICE CAKES WITH CHEESE OR HUMMUS

1 portion

INGREDIENTS

- 2 units of snacks, rice cakes, brown rice, rye [18 g]
- 2 tablespoons of dip, hummus, commercial [40 g] or 1 small pot of cheese, cottage, plain [112 g]

COOKING METHOD

- 1º Spread the cheese or houmous on the rice cake.
- 2º Optional: season with lime juice, salt, paprika.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [94 g]	% DRI
ENERGY	190 kcal	178 kcal	9 %
PROTEIN	9 g	8 g	16 %
CARBOHYDRATE	19 g	18 g	7 %
SUGARS	2 g	2 g	2 %
FAT	9 g	8 g	12 %
FATTY ACIDS, TOTAL SATURATED	3 g	2 g	12 %
FIBER	2 g	2 g	7 %
SODIUM	289 mg	271 mg	11 %