

Cooking for Kids

Recipe Sizing Report

000017 - Hummus :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
016057 CHICKPEAS ,MATURE SEEDS,CKD,BLD,WO/SALT....	13 lbs + 8 ozs	1. Drain chickpeas.
002030 PEPPER,BLACK..... 011215 GARLIC,RAW..... 009153 LEMON JUC FROM CONC,CND OR BTLD..... 902938 Tahini.....	1 TBSP (ground) 1 cup + 1 Tbsp 3 1/4 cups 1 lb	2. Combine all ingredients in a food processor and puree to a smooth consistency. 3. Cover and refrigerate for 30 minutes before serving.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	270 kcal	Cholesterol	*0* mg	Sugars	*6.2* g	Calcium	232.68 mg	29.06%	Calories from Total Fat
Total Fat	8.71 g	Sodium	29 mg	Protein	13.06 g	Iron	3.73 mg	4.37%	Calories from Saturated Fat
Saturated Fat	1.31 g	Carbohydrates	36.49 g	Vitamin A	*39.3* IU	Water ¹	*90.30* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	9.84 g	Vitamin C	*4.8* mg	Ash ¹	*1.21* g	54.11%	Calories from Carbohydrates
								19.37%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.