

# Winneshiek County Extension

| 000072 - Hummus Wrap : <a href="http://growing-great-sch.org">http://growing-great-sch</a>   | Attributes |
|--|------------|
| HACCP Process: #2 Same Day Service<br>Number of Portions: 100<br>Size of Portion: servings<br>Alternate Recipe Name: <a href="http://growing-great-sch">http://growing-great-sch</a> |            |

| Ingredients  | Measures                 | Instructions  |
|--|--------------------------|---|
| 050333 Hummus.....                                 | 1 1/2 gals + 1 cup       | 1. Rinse and drain spinach. Rinse and slice cucumber into 1/8 inch slices, cut slices in half.<br><br>2. Spread 1/4 cup hummus on each wrap. Add 6 spinach leaves, 2 Tablespoons of shredded carrot, 6 half moon slices of cucumber, and 1 ounce of cheddar cheese.<br><br>3. Roll wrap and cut in half. Serve chilled. |
| 011457 SPINACH,RAW.....                            | 6 lbs + 4 ozs            |   |
| 011124 CARROTS,RAW.....                            | 3 qts + 1/2 CUP (grated) |   |
| 011205 CUCUMBER,WITH PEEL,RAW.....                 | 25 each (8-1/4")         |   |
| 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH... | 6 lbs + 4 ozs            |   |
| 050523 TORTILLA, WHOLE GRAIN, FROZEN.....          | 100 tortilla (8 inch)    |   |

\*Nutrients are based upon 1 Portion Size (servings)

|                        |          |               |         |           |           |                    |            |         |                             |
|------------------------|----------|---------------|---------|-----------|-----------|--------------------|------------|---------|-----------------------------|
| Calories               | 315 kcal | Cholesterol   | 16 mg   | Protein   | 16.88 g   | Calcium            | 420.40 mg  | 33.93%  | Calories from Total Fat     |
| Total Fat              | 11.87 g  | Sodium        | 730 mg  | Vitamin A | 631.0 RE  | Iron               | 2.75 mg    | 13.03%  | Calories from Saturated Fat |
| Saturated Fat          | 4.56 g   | Carbohydrates | 36.83 g | Vitamin A | 5238.5 IU | Water <sup>1</sup> | *109.71* g | *0.00%* | Calories from Trans Fat     |
| Trans Fat <sup>1</sup> | *0.00* g | Dietary Fiber | 6.57 g  | Vitamin C | 14.8 mg   | Ash <sup>1</sup>   | *0.91* g   | 46.82%  | Calories from Carbohydrates |
|                        |          |               |         |           |           |                    |            | 21.46%  | 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

<sup>1</sup> - denotes optional nutrient values