

Winneshiek County Extension

000067 - Hummus Decorah :	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 200 Size of Portion: 1/4 cup	

Ingredients	Measures	Instructions
000801 BEANS GARBANZO ,CANNED.....	5 #10 Can	Alternative: use juice from one lemon (2.5 TBSP) Please ingredients in food processor and process until smooth.
011215 GARLIC,RAW.....	1/2 cup + 2 Tbsp	
009152 LEMON JUICE,RAW.....	3/4 cup + 1/2 Tbsp	
002031 PEPPER,RED OR CAYENNE.....	1 1/4 tsp	
050383 OIL, VEGETABLE.....	2 1/2 cups	
012698 SESAME BUTTER,TAHINI,KRNLS UNSPEC....	1 1/4 cups	

*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories	113 kcal	Cholesterol	0 mg	Protein	3.92 g	Calcium	22.32 mg	37.89%	Calories from Total Fat
Total Fat	4.74 g	Sodium	303 mg	Vitamin A	3.5 RE	Iron	0.89 mg	6.65%	Calories from Saturated Fat
Saturated Fat	0.83 g	Carbohydrates	13.85 g	Vitamin A	20.2 IU	Water ¹	*1.17* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	5.53 g	Vitamin C	2.9 mg	Ash ¹	*0.09* g	49.23%	Calories from Carbohydrates
								13.95%	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