

Hummus

HACCP Process Category 1

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Canned garbanzo beans or chickpeas, drained	16 lb	4 No.10 cans			<p>1. Combine all ingredients in a food processor and puree to a smooth consistency.</p> <p>2. Spread 5 lb into each pan (12" x 20" x 2 1/2"), use 4 pans for 100 portions.</p> <p style="color: red;">Chill to 41°F or lower within two hours. Refrigerate until service.</p> <p>3. Portion with a No. 8 scoop (1/2 cup serving).</p> <p style="color: red;">CCP: Hold at 41°F or below before and during service.</p>
Frozen lemon juice concentrate, reconstituted		1 qt			
Garlic gloves, peeled		2 cup 2 Tbsp			
Water		1 qt			
Ground white or black pepper		2 Tbsp			
Ground nutmeg (optional)		2 tsp			
Ground cinnamon		2 tsp			
Lemon juice (optional)		1/2 cup			

					Notes: <ul style="list-style-type: none"> • Sunflower seed butter (3 lb) may be added. • Garlic cloves – 34 cloves as purchased.
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Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	1 ½ oz equivalent meat/meat alternate or 3/8 c of vegetables.	100 servings

Nutrients Per Serving

Calories	150	Vitamin A	27 IU	Iron	1.7 mg
Protein	6 g	Vitamin C	8.8 mg	Calcium	46 mg
Carbohydrate	29 g	Dietary Fiber	5.4 g	Cholesterol	0 mg
Fat	1.4 g	% Fat	8 %	Sodium	360 mg
Saturated Fat	0.2 g	% Saturated Fat	1 %		