

Winneshiek County Extension

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| 000069 - Hummus, Tomato 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 | |
| 902408 TOMATO PASTE, CANNED, WITHOUT SALT ADDED... | 2 qts + 2 cups | |
| 799905 OREGANO LEAVES,DRIED..... | 1 Tbsp + 2 TSP (leaves) | |

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

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|------------------------|----------|---------------|---------|-----------|----------|--------------------|----------|---------|-----------------------------|
| Calories | 123 kcal | Cholesterol | 0 mg | Protein | 4.48 g | Calcium | 27.31 mg | 35.10% | Calories from Total Fat |
| Total Fat | 4.80 g | Sodium | 316 mg | Vitamin A | 42.7 RE | Iron | 1.28 mg | 6.18% | Calories from Saturated Fat |
| Saturated Fat | 0.84 g | Carbohydrates | 16.28 g | Vitamin A | 217.2 IU | Water ¹ | *1.18* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ¹ | *0.00* g | Dietary Fiber | 6.07 g | Vitamin C | 5.7 mg | Ash ¹ | *0.09* g | 52.94% | Calories from Carbohydrates |
| | | | | | | | | 14.56% | 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