

# Winneshiek County Extension

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