

Winneshiek County Extension

| 000072 - Hummus Wrap : http://growing- | Attributes |
|--|------------|
| HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: servings Alternate Recipe Name: http://growing-great-sch | |

| 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)

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|------------------------|----------|---------------|---------|-----------|-----------|--------------------|------------|---------|-----------------------------|
| 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 ¹ | *109.71* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ¹ | *0.00* g | Dietary Fiber | 6.57 g | Vitamin C | 14.8 mg | Ash ¹ | *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

¹ - denotes optional nutrient values