

# Quest Food Management Service

**002128 - HOMEMADE HUMMUS-TIN**

Recipe HACCP Process: #2 Same Day Service

Source:  
 Number of Portions: .25  
 Size of Portion: CUP

Meat/Alt: 0 oz.  
 Grain/Bread: 0 SRV.  
 F/V/J: 0 Cup  
 Milk: 0 FLOZ

903333 bean garbanzo can low sod A100360...	1 OZ
903344 oil vegetable A100439.....	3 GRAM
009152 LEMON JUICE,RAW.....	1 TBSP
900031 WATER.....	1 TBSP
002047 SALT, TABLE.....	1 dash
114657 PEPPER BLACK, GROUND.....	1 .25 TSP
002020 GARLIC POWDER.....	1/2 TSP

\*Nutrients are based upon 1 Portion Size (CUP)

Calories	295 kcal	Cholesterol	0.00 mg	Protein	9.28 g	Calcium	61.37 mg	45.65%	Calories from Total Fat
Total Fat	14.99 g	Sodium	758.69 mg	Vitamin A	6.70 RE	Iron	1.64 mg	6.08%	Calories from Sat Fat
Saturated Fat	2.00 g	Carbohydrate	34.46 g	Vitamin A	31.06 IU	Water <sup>1</sup>	*115.92* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	0.77 g	Vitamin C	23.78 mg	Ash <sup>1</sup>	*2.01* g	46.65%	Calories from Carbohydrates
								12.56%	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

<sup>1</sup> - denotes optional nutrient values

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.