

Hummus (USDA)

Recipe: 500110 HUMMUS

Recipe Source: USDA E-24
 Recipe Group: SALADS

Recipe HACCP Process: #1 No Cook

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: 1/2 CUP

016058 CHICKPEAS (GARBANZO BNS,BENGAL GM),MATURE SEE... 009154 LEMON JUC,FRZ,UNSWTND,SINGLE STRENGTH..... 016167 USDA CMDTY,PNUT BUTTER,SMOOTH..... 011215 GARLIC,RAW..... 014429 WATER,MUNICIPAL..... 002030 PEPPER,BLACK.....	2 #10 can,drained 3 1/4 CUP 1 1/2 LB 1 CUP + 1 TBSP 3 1/4 CUP 1 TBSP	1. Combine all ingredients in a food processor and puree to a smooth consistency. 2. Spread 5 lb ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 3. CCP: Chill to 41° F or lower within 4 hours. Cover. Refrigerate until service. 4. Portion with No. 8 scoop (½ cup).						
		Food as Purchased						
		<table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;">50 Servings</td> <td style="text-align: center;">100 Servings</td> </tr> <tr> <td style="text-align: left;">Garlic</td> <td style="text-align: center;">17 cloves</td> <td style="text-align: center;">34 cloves</td> </tr> </table>		50 Servings	100 Servings	Garlic	17 cloves	34 cloves
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		Special Tip						
		Serve with pita bread; warning for service - contains peanut butter.						
		Serving						
		½ cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate.						

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	183 kcal	Cholesterol	0.00 mg	Sugars	0.00 g	Calcium	37.50 mg	38.96%	Calories from Total Fat
Total Fat	7.90 g	Sodium	301.25 mg	Protein	7.49 g	Iron	1.38 mg	7.09%	Calories from Saturated Fat
Saturated Fat	1.44 g	Carbohydrates	22.38 g	Vitamin A	21.25 IU	Water ¹	0.00 g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.38 g	Vitamin C	7.75 mg	Ash ¹	0.00 g	49.04%	Calories from Carbohydrates
								16.41%	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
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 2.000 oz					? - Milk
Grain..... oz					? - Egg
Fruit..... cup					? - Peanut
Vegetable..... cup					? - Tree Nut
Milk..... cup					? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change. 0%					? - Soy
Fat Change..... 0%					? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050333	Hummus			
I	016058	CHICKPEAS (GARBANZO BNS,BENGAL GM),M			
I	009154	LEMON JUC.FRZ.UNSWTND,SINGLE STRENG			
I	016167	USDA CMDTY,PNUT BUTTER,SMOOTH			
I	011215	GARLIC,RAW			
I	014429	WATER,MUNICIPAL			
I	002030	PEPPER,BLACK			

Notes

Production Notes:

Serving Notes:

Purchasing Guide:

Miscellaneous Notes:

Contains peanut butter, can sub tahini or sunflower seed butter

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