HUMMUS PLATTER #001691

Ingredients

1/2C HUMMUS
1/4C CARROT COINS
1/4C ZUCHINNI SLICES
1-#25 boat
1-#250 BOAT
1/2 SHEET CHECKERED PAPER
1-6X6 PITA BREAD

Makes: 1 serving
Prep Time:
Cooking Time:
Provides: 2M/MA 2G

Image

Nutrition Facts

C Hummus Platter 18-19

Nutrition Facts
Serving Size: servings
Serving per Container: 1

Amount Per Serving	
Calories 281	Calories from Fat 65
	% Daily Value*
Total Fat 7.2g	11%
Saturated Fat 0.5g	2%
Trans Fat* 0.0g	
Cholesterol 0mg	0%
Sodium 334mg	14%
Total Carbohydrate 44.5g	15%
Dietary Fiber 8.3g	32%
Protein 9.5g	20%
Vitamin A 164%	Vitamin C 18%
Calcium 13%	Iron 15%

* - Trans Fat value is provided for informational purposes only, not for monitoring purposes.
* - Percent Daily Values are based on a 2,000 calorie diet.
"N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Possible Allergens or Sensitivites

		Yes	No	Comments
1.	Contains Egg		X	
2.	Contains Dairy		X	
3.	Contains Nuts		X	
4.	Contains Pork		X	
5.	Contains Gluten	X		gluten free if pita chips are used instead of pita bread
6.	Contains Soy	X		
7.	Vegetarian	X		