

Hummus Vegetarian Meal

Servings:	1.00
Serving Size:	1.00 Salad Meal
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Hummus Vegetarian Meal

Nutrition Information

Calories	539.64	Protein	13.22g
Fat	13.67g	SaturatedFat	1.10g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	95.38g	Fiber	20.37g
Sugar	37.52g	Sodium	770.73mg
Iron	6.39mg	Vitamin C	151.27mg
Vitamin A	51309.64IU	Calcium	307.24mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
4 Ounce	108171	HUMMUS TRADITIONAL 2-3.75 GREC	
1 Cup	510637	CARROT BABY WHL CLEANED 12-2 RSS	
1 Cup	592315	PEPPERS GREEN LRG 5 P/L	
1 Cup	238653	CUCUMBER 1-24CT P/L	
1 Cup	302198	CARROT CELERY STIX COMBO 2-5 RSS	

Measurement	DistPart #	Description	Preparation Instructions
1 Each	696831	BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	<p>THAW</p> <p>Ultra Loco Bread is fully baked but performs best if slightly warmed</p> <p>For best results thaw out to room temperature prior to heating</p> <p>Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen</p> <p>For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen</p>
1 Cup	733160	WHOLE APPLE	

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