

Hummus Vegetarian Meal

NO IMAGE

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS TRADITIONAL 2-3.75 GREC	4 Ounce		108171
CARROT BABY WHL CLEANED 12-2 RSS	1 Cup		510637
PEPPERS GREEN LRG 5 P/L	1 Cup		592315
CUCUMBER 1-24CT P/L	1 Cup		238653
CARROT CELERY STIX COMBO 2-5 RSS	1 Cup		302198
BREAD ULTRA LOCO WGRAIN 6.5 12-12CT	1 Each	THAW Ultra Loco Bread is fully baked but performs best if slightly warmed /u2022For best results thaw out to room temperature prior to heating /u2022Place in warming box (leave in bag) 1 hour thawed or 2 hours frozen /u2022For individual pieces (out of bag) microwave for 15 seconds thawed or 30 seconds frozen	696831
WHOLE APPLE	1 Cup		733160

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.00
Fruit	2.00
GreenVeg	0.00
RedVeg	2.57
OtherVeg	0.57
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Salad Meal

Amount Per Serving			
Calories		539.64	
Fat		12.67g	
SaturatedFat		1.10g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		760.73mg	
Carbohydrates		93.38g	
Fiber		18.37g	
Sugar		37.52g	
Protein		13.22g	
Vitamin A	51309.64IU	Vitamin C	151.27mg
Calcium	307.24mg	Iron	6.39mg