

# Hummus Vegetarian Meal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Salad Meal	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	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

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	2.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	2.57
<b>OtherVeg</b>	0.57

<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Salad Meal

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