

ROASTED RED PEPPER HUMMUS WITH CRACKERS



Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27195
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS RSTD RED PEPR	2 Fluid Ounce		591582
CRACKER WHEAT	4 Package		311588

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.250
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories		260.00	
Fat		12.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		600.00mg	
Carbohydrates		32.00g	
Fiber		8.00g	
Sugar		6.00g	
Protein		8.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories		229.28	
Fat		10.58g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		529.11mg	
Carbohydrates		28.22g	
Fiber		7.05g	
Sugar		5.29g	
Protein		7.05g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	35.27mg	Iron	1.27mg

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