

Grab&Go-Hummus Bistro Box (9-12)



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44176

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hummus - ZeeZee's Original	3 Ounce	READY_TO_EAT	295161
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	BAKE	680130
BROCCOLI FLORET BITE SIZE	1/2 Cup		732451
FLATBREAD W/GRAIN 4"	2 Each	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart. 3. That's it! Use the product for slider buns, mini pizzas, tacos. The connector can be used for whole grain rich croutons for salad!	959048

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.500
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.250
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	390.00
Fat	14.00g
Saturated Fat	4.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	600.00mg
Carbohydrates	50.00g
Fiber	4.00g
Total Sugar	7.00g
Added Sugar	1.00g
Protein	20.00g
Vitamin A 567.03mcg RAE	Vitamin C 81.20mg
Calcium 256.77mg	Iron 2.06mg

Nutrition - Per 100g

Calories	203.80
Fat	7.32g
Saturated Fat	2.35g
Trans Fat	0.00g
Cholesterol	10.45mg
Sodium	313.55mg
Carbohydrates	26.13g
Fiber	2.09g
Total Sugar	3.66g
Added Sugar	0.52g
Protein	10.45g
Vitamin A 296.32mcg RAE	Vitamin C 42.43mg
Calcium 134.18mg	Iron 1.08mg