

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



|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch     | <b>Recipe ID:</b>     | 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<br>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

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 2.000 |
| <b>Grain</b>                    | 2.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>DarkGreen</b>                | 0.500 |
| <b>Red/Orange</b>               | 0.000 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.250 |
| <b>Starchy</b>                  | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

|                                |                          |
|--------------------------------|--------------------------|
| <b>Calories</b>                | 343.92                   |
| <b>Fat</b>                     | 12.35g                   |
| <b>Saturated Fat</b>           | 3.97g                    |
| <b>Trans Fat</b>               | 0.00g                    |
| <b>Cholesterol</b>             | 17.64mg                  |
| <b>Sodium</b>                  | 529.10mg                 |
| <b>Carbohydrates</b>           | 44.09g                   |
| <b>Fiber</b>                   | 3.53g                    |
| <b>Total Sugar</b>             | 6.17g                    |
| <b>Added Sugar</b>             | 0.88g                    |
| <b>Protein</b>                 | 17.64g                   |
| <b>Vitamin A</b> 500.03mcg RAE | <b>Vitamin C</b> 71.60mg |
| <b>Calcium</b> 226.43mg        | <b>Iron</b> 1.82mg       |