

# Hummus

Meat/Meat Alternate

Salads and Salad Dressings

E-24

Special Tip:  
Serve with pita bread; warming for service - contains peanut butter.

Nutrients Per Serving					
<b>Calories</b>	182	<b>Saturated Fat</b>	1.44 g	<b>Iron</b>	1.38 mg
<b>Protein</b>	7.49 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	37 mg
<b>Carbohydrate</b>	22.37 g	<b>Vitamin A</b>	21 IU	<b>Sodium</b>	301 mg
<b>Total Fat</b>	7.90 g	<b>Vitamin C</b>	7.7 mg	<b>Dietary Fiber</b>	4.4 g