



**Categories**

**Tools**

**Locations**

**Plating**

**Yield**

**Portion**

**Num Portions**

**Prep**

**Cook**

**Finish**

**Shelf**

<b>Nutrition Facts</b>	
Serving Size 0	
Servings Per Container	
Amount Per Serving	
<b>Calories 420</b> Calories From Fat 260	
% Daily Value	
<b>Total Fat</b> 29g	44%
Saturated Fat 4g	18%
Trans Fat 0g	
<b>Cholesterol</b> 0 mg	0%
<b>Sodium</b> 310mg	13%
<b>Total Carbohydrate</b> 34g	11%
Dietary Fiber 2g	9%
<b>Protein</b> 7g	
Vitamin A 8%	Vitamin C 50%
Calcium 8%	Iron 10%
* Percent Daily Values are based on a 2000 calorie diet.	

The following items are not included in the label data

**Ingredient**

hummus

**Reason**

No nutrition quantity specified