

John Stalker Institute

000243 - Pita Chips, hummus, tabouleh

Recipe HACCP Process: #1 No Cook

Source:
 Number of Portions: 50
 Size of Portion: Serving

Meat/Alt: 2 oz
 Grains: 2 oz
 Fruit: 0 Cup
 Vegetable: 0.25 Cup
 Milk: 0 Cup

011821 PEPPERS,SWEET,RED,RAW... 8 large,2-1/4 per LB 011124 CARROTS,RAW..... 8 large (7-1/4" to 8-1/2")	1. Wash, seed, and thinly slice red bell peppers. Peel and slice carrots into sticks.
050333 Hummus..... 25 CUP 050263 Tabouleh..... 25 CUP 902450 Chips,Pita..... 50 OZ	2. Serve 1 oz. pita chips with 1/2 cup hummus and 1/2 cup tabbouleh. Add several sticks of red bell pepper and carrot on the side. CCP: Hold for cold service at 41° F or lower.

*Nutrients are based upon 1 Portion Size (Serving)

Calories	419 kcal	Cholesterol	0.00 mg	Protein	14.14 g	Calcium	62.62 mg	30.48%	Calories from Total Fat
Total Fat	14.19 g	Sodium	747.02 mg	Vitamin A	530.01 RE	Iron	3.58 mg	4.50%	Calories from Sat Fat
Saturated Fat	2.10 g	Carbohydrate	62.38 g	Vitamin A	3040.12 IU	Water ¹	*34.93* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	10.93 g	Vitamin C	50.87 mg	Ash ¹	*0.24* g	59.57%	Calories from Carbohydrates
								13.50%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.