



Recipe Production

Recipe Number: HK2262

Recipe Name: Sunshine Hummus

Hot: No

Recipe Source: Cook Book

HACCP Process Category:

No Cook

Serving Description: 1/4 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1/4 cup				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
TAP	WATER	1	Pint	1 1/8	Cup	(Unassigned)
HK18	Tomatoes, Sun Dried	1	Pound	2 3/4	Ounce	(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	1	Cup	2	tsp	(Unassigned)
1011	SALT KOSHER 12/3 LB	4	Tbsp	1/2	tsp	(Unassigned)
2008	JUICE LEMON FRESH 16/32 OZ	1	Pint	5 1/2	Tbsp	(Unassigned)
3013	TAHINI 12/16 OZ	1	Pint	1 1/8	Cup	(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	12 1/2	Cup			(Unassigned)
SI511	BEANS GARBANZO VEG PROTEIN HS	17	Pound	8	Ounce	(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Sourced via partnership with the CIA Healthy Kids Collaborative

Preparation Instructions

- 1) Rehydrate sun - dried tomatoes with hot water until soft and pliable. Drain excess water,
- 2) Using a food processor, process garlic, salt, lemon juice, tahini, and rehydrated sun - dried tomatoes until smooth. Stop to scrape down the sides of the bowl regularly.
- 3) Add the chickpeas and process until smooth,
- 4) While the processor is running, slowly stream the oil into the hummus until smooth and creamy.

Serving Instructions

Cold Hold: Hold at < = 40.00 °F



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	40,118.7068	297.1623	401.1871		
Saturated Fat	g	459.1961	3.4013	4.5920	10.30	
Sodium	mg	53,588.9350	396.9373	535.8894		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	3,281.6189	24.3072	32.8162	73.62	
Cholesterol	mg	0.0000	0.0000	0.0000		*
Carbohydrate	g	2,256.5180	16.7142	22.5652	22.50	
Total Dietary Fiber	g	490.9900	3.6368	4.9099		
Protein	g	625.3885	4.6323	6.2539	6.24	
Vitamin A (RE)	RE	158.8211	1.1764	1.5882		*
Vitamin A (IU)	IU	6,240.8164	46.2262	62.4082		
Vitamin C	mg	561.0716	4.1559	5.6107		
Calcium	mg	4,316.9128	31.9757	43.1691		
Iron	mg	194.8677	1.4434	1.9487		
Moisture	g	6,355.0181	47.0721	63.5502		*
Ash	g	205.5197	1.5223	2.0552		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
HK18	Tomatoes, Sun Dried	1.00	(Unassigned)	1	0.17	Case	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.31	LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.06	BOX (3 LB)	/
2008	JUICE LEMON FRESH 16/32 OZ	1.00	(Unassigned)	0	0.59	CONT (32 FL OZ)	/
3013	TAHINI 12/16 OZ	1.00	(Unassigned)	1	0.76	TUB (16 OZ)	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.30	CONTAINER (10 L)	/
SI511	BEANS GARBANZO VEG PROTEIN	1.00	(Unassigned)	88	0.20	3/8 CUP	/

REPORT CRITERIA:

Sections Filter(s):

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