

John Stalker Institute

000181 - Tortilla Chips (1 oz) & Hummus

Recipe HACCP Process: #1 No Cook

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

Meat/Alt: 1 oz
Grains: 1 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

119030 CHIPS, TORTILLA...	50 OZ	1. Prepare hummus per recipe. 2. Serve 1/4 cup hummus with 1 oz. tortilla chips.
050333 Hummus.....	12 1/2 CUP	

*Nutrients are based upon 1 Portion Size (serving)

Calories	231 kcal	Cholesterol	0.00 mg	Protein	5.74 g	Calcium	90.18 mg	42.62%	Calories from Total Fat
Total Fat	10.95 g	Sodium	260.63 mg	Vitamin A	2.13 RE	Iron	1.98 mg	6.69%	Calories from Sat Fat
Saturated Fat	1.72 g	Carbohydrate	29.19 g	Vitamin A	10.63 IU	Water ¹	*N/A* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	4.19 g	Vitamin C	3.88 mg	Ash ¹	*N/A* g	50.49%	Calories from Carbohydrates
								9.93%	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.