



Recipe Analysis

Recipe ID: SA410

Description: HUMMUS 1 QT BULK

Servings: 1

Serving Size: 1 QUART

Recipe Source: Boulder Valley School District

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	863.1024	100.0000	863.1024		
Food Energy	kcal	1,479.7761	171.4485	1,479.7761		
Saturated Fat	g	12.2699	1.4216	12.2699	7.46	
Sodium	mg	4,949.2544	573.4261	4,949.2544		
Total Trans	g					*
Total Fat	g	86.7824	10.0547	86.7824	52.78	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	143.1973	16.5910	143.1973	38.71	
Total Dietary Fiber	g	30.0929	3.4866	30.0929		
Protein	g	37.9661	4.3988	37.9661	10.26	
Vitamin A (IU)	IU	123.8854	14.3535	123.8854		
Vitamin C	mg	26.8753	3.1138	26.8753		
Calcium	mg	264.5081	30.6462	264.5081		
Iron	mg	9.6685	1.1202	9.6685		
Moisture	g	536.0764	62.1104	536.0764		*
Ash	g	17.9310	2.0775	17.9310		*

Trans Fat is displayed for informational purposes only.

* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

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