



Recipe Analysis

Recipe ID: SA907

Description: HUMMUS

Servings: 8

Serving Size: 1/2 CUP

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	857.0326	100.0000	107.1291		
Food Energy	kcal	1,472.3169	171.7924	184.0396		
Saturated Fat	g	12.1527	1.4180	1.5191	7.43	
Sodium	mg	2,923.7444	341.1474	365.4681		
Total Trans	g					*
Total Fat	g	85.9381	10.0274	10.7423	52.53	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	143.1973	16.7085	17.8997	38.90	
Total Dietary Fiber	g	30.0921	3.5112	3.7615		
Protein	g	37.9665	4.4300	4.7458	10.31	
Vitamin A (IU)	IU	123.8849	14.4551	15.4856		
Vitamin C	mg	26.8757	3.1359	3.3595		
Calcium	mg	263.2453	30.7159	32.9057		
Iron	mg	9.6468	1.1256	1.2058		
Moisture	g	536.0653	62.5490	67.0082		*
Ash	g	12.7149	1.4836	1.5894		*

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):

Report Comments Section: