



Recipe Production

Recipe Number: SA410

Recipe Name: HUMMUS 1 QT BULK

Hot: No

Recipe Source: Boulder Valley School District

HACCP Process Category:

Complex

Serving Description: 1 QUART

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
1	1 QUART				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2501	BEANS GARBANZO 6/10	2	Pound			(Unassigned)
1310	OIL CANOLA OLIVE 4/1 GAL	54	GAL			(Unassigned)
2008	JUICE LEMON FRESH 16/32 OZ	2	Tbsp	1 1/2	tsp	(Unassigned)
3013	TAHINI 12/16 OZ	2	Tbsp	2 1/4	tsp	(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	1	Tbsp	1 1/2	tsp	(Unassigned)
1011	SALT KOSHER 12/3 LB	1 1/3	tsp			(Unassigned)
8001	BEAN LIQUID	4	Fl Oz	1/2	tsp	(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Canned garbanzo beans yield 65%
 Roast garlic in oil at 250 * oven for 1.5 hours and cool. (Save oil)
 Chill beans for 3 hours before using.

Preparation Instructions

Combine all ingredients in a tall, narrow container.
 Blend until smooth consistency using an immersion blender.
 Place 1 qt (2.23#) of product into fish tubs for transport.
 Cover, label, date. Chill to 41 degrees or lower within 4 hours. Keep refrigerated until transport.

Serving Instructions

Keep hummus refrigerated until making wraps.
 See Wrap Hummus recipe (MV510m NV511) for details.
 Leftover hummus may be used on salad bar.
 Recipe as written for 1 quart will yield 6 half - cup portions or 2.23# of product.
 2.23# = 35.68 oz = 19.50 oz m/ma
 .5465 oz m/ma per 1 oz of hummus (as prepared)



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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	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	0.0000	0.0000	0.0000		*
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 (RE)	RE	11.6916	1.3546	11.6916		
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		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
2501	BEANS GARBANZO 6/10	1.00	(Unassigned)	0	0.29	CAN (111 OZ)	/
1310	OIL CANOLA OLIVE 4/1 GAL	1.00	(Unassigned)	0	0.02	GAL	/
2008	JUICE LEMON FRESH 16/32 OZ	1.00	(Unassigned)	0	0.04	CONT (32 FL OZ)	/
3013	TAHINI 12/16 OZ	1.00	(Unassigned)	0	0.10	TUB (16 OZ)	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.03	LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
8001	BEAN LIQUID	1.00	(Unassigned)	4	0.28	1	/

REPORT CRITERIA:

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