



Recipe Production

Printed: 09/17/2019 7:39 PM

Recipe Number: SA907

Recipe Name: HUMMUS

Hot: No

Recipe Source: Boulder Valley School District

HACCP Process Category:

Complex

Serving Description: 1/2 CUP

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
8	1/2 CUP				

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	1	Ounce	24 3/4	Gram	(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	1/2	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.



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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	1,472.3169	171.7924	184.0396		
Saturated Fat	g	12.1527	1.4180	1.5191	7.43	
Sodium	mg	2,923.7444	341.1474	365.4680		
Total Trans	g	0.0000	0.0000	0.0000		*
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 (RE)	RE	11.6916	1.3642	1.4614		
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		*

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	0.00	BOX (3 LB)	/
8001	BEAN LIQUID	1.00	(Unassigned)	4	0.28	1	/

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