



HUMMUS

Ready to be Served

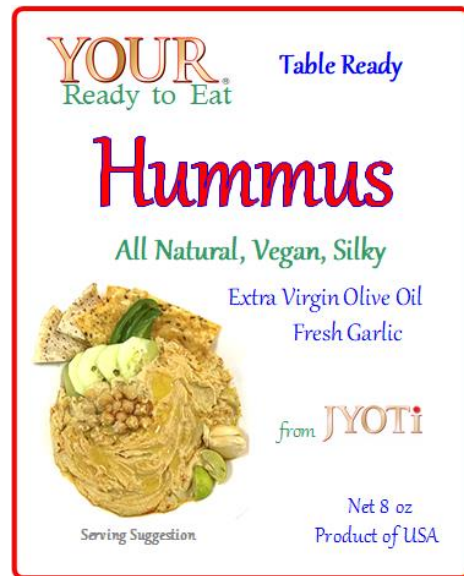
YOUR Ready to Eat Hummus is made in true Mid-east style with chickpeas, Tahini, extra virgin olive oil and fresh garlic to get the right flavor. It is fully cooked and ready to serve.

20 g of plant Protein in every bag

Shelf stable (2 years) BPA Free, Gluten free, VEGAN.

DIRECTIONS: Empty the pouch in a serving dish. Top with some extra virgin olive oil to give it a traditionally serving look.

INGREDIENTS: Water, Chickpeas, Tahini (Sesame Paste), Extra Virgin Olive Oil, Sunflower Oil, Lime Juice Concentrate, Fresh Garlic, Salt, Cumin.



We make a lot of this Ready to Eat HUMMUS for the US Military bases.

Nutrition Facts	Amount per serving	% Daily Value *	Amount per serving	% Daily Value *
	10 servings per container	Total Fat 4.5g	6%	Total Carbohydrate 4g
Serving size 1 oz (28g)	Saturated Fat 0.5g	3%	Dietary Fiber 1g	5%
Calories 60 per serving	<i>Trans Fat</i> 0g		Total Sugars <1g	
	Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
	Sodium 85mg	4%	Protein 2g	
	Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 0.8mg 4% • Potassium 70mg 2%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.