



Humus Side Order

Nutrition Information

Serving Size: Serving (55 grams)

Amount Per Serving

Calories: 110

Calories from Fat: 58

% Daily Value*

Total Fat:	6 GM	10%
Saturated Fat:	1 GM	4%
Trans Fat:	0 GM	
Polyunsaturated Fat:	3 GM	
Monounsaturated Fat:	2.5 GM	
Cholesterol:	0 MG	0%
Sodium:	110 MG	5%
Potassium:	120 MG	3%
Total Carbohydrate:	11 GM	4%
Dietary Fiber:	2 GM	8%
Sugars:	0 GM	
Protein:	4 GM	

Vitamin A: 0%

Vitamin C: 6%

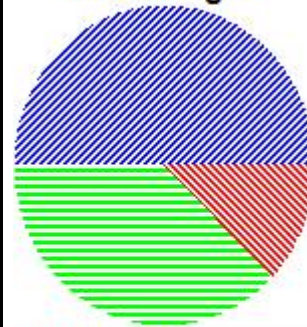
Calcium: 4%

Iron: 6%

Ingredients:

Garbanzo Beans, dry, Tahini Paste, Lemon Juice, Garlic Herb Seasoning Salt Free

Calorie Percentages



PRO - 13%
CHO - 37%
FAT - 50%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

LEGAL DISCLAIMER

The nutritional information listed on our site is provided solely for the purpose of giving you as much information as possible regarding the nutritional content of analyzed recipes. While we have taken extreme care in compiling the nutritional information, the basic food item data comes from the USDA as well as various manufacturers, and therefore the information is approximate and may vary based on the specific product used, the cooking method and time, and your adherence to the recipe. As such, the nutritional information is not intended for medical nutrition therapy. If you are following a strict diet for medical or dietary reasons, it is important that you consult your physician or registered dietitian and remain under appropriate medical supervision while using the nutritional information contained in our site. The recipes were analyzed using software provided by The CBORD Group, Inc.