

HUMMUS

Nutrition Facts

16 Servings

Amount Per Serving (1/2 pint)

Calories	401.0
Total Fat	27.3 g
Saturated Fat	3.8 g
Polyunsaturated Fat	9.9 g
Monounsaturated Fat	12.5 g
Cholesterol	0.0 mg
Sodium	500.7 mg
Potassium	354.0 mg
Total Carbohydrate	32.8 g
Dietary Fiber	8.1 g
Sugars	0.6 g
Protein	11.3 g
Vitamin A	2.5 %
Vitamin B-12	0.0 %
Vitamin B-6	28.2 %
Vitamin C	18.5 %
Vitamin D	0.0 %
Vitamin E	4.1 %
Calcium	18.8 %
Copper	38.0 %
Folate	26.8 %
Iron	26.7 %
Magnesium	16.6 %
Manganese	58.1 %
Niacin	10.6 %
Pantothenic Acid	5.8 %
Phosphorus	35.7 %
Riboflavin	12.2 %
Selenium	5.1 %
Thiamin	31.3 %
Zinc	18.5 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.