Hummus Meal

Nutrition Facts
Serving Size: Each

Amount Per Serving

Calories: 521 | Calories from Fat: 211

Total Fat:	**23.4g**
Saturated Fat:	.0g
Trans Fat:	0.00
Cholesterol:	**0mg**
Sodium:	**1,026mg**
Total Carbohydrate:	**73.0g**
Dietary Fiber:	16.0g
Sugars:	10.2g
Protein:	**16.7g**

Vitamin A: 8,727RE   Vitamin C: 47.7mg   Calcium: 187.5mg   Iron: 6.4mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

Bread, Ultra Loco Squared 12/12 ct (mfg label): WHEAT FLOUR (WHEAT AND ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID)) WATER, YEAST, SOYBEAN OIL, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORN STARCH, MONOCALCIUM PHOSPHATE), SUGAR, SALT, VEGETABLE GUMS (GUAR AND/OR ARABIC GUM), MONO & DIGLYCERIDES, ENZYMES, L-CYSTEINE, MONOCALCIUM PHOSPHATE, CALCIUM PROPRIONATE. CONTAINS: WHEAT, SOY [903351]

CARROTS,BABY,RAW (mfg label): CARROTS [011960]

Cucumbers, Raw w/ Skin (mfg label): CUCUMBER, RAW [903313]

Hummus, Rstd Red Pepper, Grecian Delig (mfg label): GARBANZO BEANS, ROASTED RED BELL PEPPERS (RED PEPPERS, WATER, SALT, CITRIC ACID), SESAME TAHINI, LEMON JUICE, ROASTED RED BELL PEPPER CONCENTRATE [ROASTED RED BELL PEPPERS, DEXTROSE, SALT, ROASTED VEGETABLES (CARROTS, ONIONS, CELERY AND GARLIC), NATURAL FLAVORING, MALTODEXTRIN, CARROT JUICE, CARAMEL COLOR AND VINEGAR SOLIDS], SOYBEAN OIL, CONTAINS 2% OR LESS OF: SALT, MODIFIED FOOD STARCH, CELLULOSE, GARLIC PUREE WITH CITRIC ACID, SUGAR, SOY LECITHIN, OLIVE OIL FLAVORING (CANOLA OIL, OLIVE OIL, NATURAL FLAVORS), NATURAL GARLIC FLAVOR (NATURAL FLAVORS), SPICES. CONTAINS: SOY [903311]

Tomato, Grape Red Fresh (mfg label): TOMATO, GRAPE RED FRESH [900059]