

Humboldt Unified School District

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Recipe

Dec 8, 2022

Recipe: 001651 Chocolate Hummus

Recipe Source: Windham Raymond

Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:

Number of Portions: 96

Size of Portion: 1 oz

902791 BEANS GARBANZO (CHICKPEAS) CND LOW-SODI...	1 #10 CAN DRAINED	Puree drained & rinsed garbanzo beans until smooth.
012540 SUNFLOWER SD BUTTER,W/SALT.....	2 CUP + 3/4 CUP	Add sunflower butter (may substitute with peanut butter)
903651 Cocoa, Dry, Pdr, Unswtnd, Dutch..... 019353 SYRUP,MAPLE..... 002050 VANILLA EXTRACT..... 902825 SALT TABLE.....	3 CUP 3 CUP 1/3 CUP 2 TSP	Add cocoa powder, syrup, vanilla & salt. Blend until smooth.
902823 WATER.....	1 CUP	Add enough water to create a smooth consistency.

*Nutrients are based upon 1 Portion Size (1 oz)

Calories	115 kcal	Cholesterol	0.00 mg	Sugars	*6.91* g	Calcium	24.16 mg	42.40%	Calories from Total Fat
Total Fat	5.43 g	Sodium	99.01 mg	Protein	3.37 g	Iron	0.53 mg	6.95%	Calories from Saturated Fat
Saturated Fat	0.89 g	Carbohydrates	13.44 g	Vitamin A	8.69 IU	Water ¹	*6.12* g	*0.02%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.77 g	Vitamin C	0.37 mg	Ash ¹	*0.44* g	46.64%	Calories from Carbohydrates
								11.68%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	%				? - Soy
Fat Change.....	%				? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902791	BEANS GARBANZO (CHICKPEAS) CND LOW-S			
I	012540	SUNFLOWER SD BUTTER,W/SALT			
I	903651	Cocoa, Dry, Pdr, Unswtnd, Dutch			
I	019353	SYRUP,MAPLE			
I	002050	VANILLA EXTRACT			
I	902825	SALT TABLE			
I	902823	WATER			

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