



Hummus Sticks

“Mighty” Chickpea Fries

Two Varieties: Original and Spicy

- Enhance your menu with this unique appetizer or side dish.
- Serve with **KASABAH** tzatziki sauce, **KASABAH** Harissa chili sauce, or your favorite dip.
- Add as a tasty and nutritious protein to any salad or sandwich.
- Direct from freezer to fryer or oven.



Crisp Outside . . .

. . . Soft Inside



Original Variety Nutrition Facts

Serving Size: 3-½ oz
(approx 2 sticks)

| | |
|---------------|--------|
| Calories | 75 |
| Cals from Fat | 11 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Trans Fat | 0 g |
| Cholesterol | 0 g |
| Sodium | 325 mg |
| Total Carbs | 11 g |
| Dietary Fiber | 2 g |
| Sugars | 2 g |
| Protein | 4 g |

Spicy Variety Nutrition Facts

Serving Size: 3-½ oz
(approx 2 sticks)

| | |
|---------------|--------|
| Calories | 78 |
| Cals from Fat | 11 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Trans Fat | 0 g |
| Cholesterol | 0 g |
| Sodium | 345 mg |
| Total Carbs | 12 g |
| Dietary Fiber | 2 g |
| Sugars | 2 g |
| Protein | 4 g |

Packaged/Shipped: Frozen; Uncooked

Ingredients: Ground chickpeas, water, garlic, salt, spices.

Spicy variety contains chipotle peppers, harissa chili pepper sauce.

Cooking Instructions: Keep frozen. Do not thaw. Deep fry frozen sticks in 375° oil for approx 4 minutes or until crisp on outside. Alternatively, cook on lightly oiled (sprayed) baking sheet in 400° oven for 20 minutes or until done. Turn once after 10 minutes.

| Mfg # | Pack Size | Pieces per Lb | Case Dimension | Net Wgt | Ship Wgt |
|----------------|-----------|---------------|----------------|---------|----------|
| 501 (Original) | 2 / 4 Lb | Approx 12 | 12x12x8 | 8 Lbs | 9 Lbs |
| 511 (Spicy) | 2 / 4 Lb | Approx 12 | 12x12x8 | 8 Lbs | 9 Lbs |