



Hummus

True Mediterranean vegetarian spread made from chickpeas, tahini and spices.

- Smooth and creamy with a perfect blend of garlic, lemon and spices.
- A delicious spread or dip. Serve in a salad or spread on your favorite sandwich or wrap.
- Rich in protein and fiber, vegetarian and gluten-free.



GLUTEN FREE



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Nutrition Facts

Serving Size: 1 oz (2 Tbsp)

Calories	74
Cals from Fat	42
Total Fat	5 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	0 g
Sodium	160 mg
Total Carbs	6 g
Dietary Fiber	2 g
Sugars	1 g
Protein	2 g

Packaging/Shipping: Refrigerated OR Frozen, Container

Ingredients: Chickpeas, tahini (sesame seed) paste, soybean oil, garlic, salt, spices, citric acid, potassium sorbate

Serving Instructions: Refrig: Ready-to-serve.
Frozen: Thaw in refrigerator 24-36 hrs. Stir well before serving.
Refrigerated shelf life = 30 days / Frozen shelf life = 6 months.

	<u>Mfg #</u>	<u>Pack Size</u>	<u>Case Dimension</u>	<u>Net Wgt</u>	<u>Ship Wgt</u>
Refrigerated	403	6 / 5 Lb	14x20x7	30 Lbs	32 Lbs
Frozen	404	2 / 5 Lb	14x7x7	10 Lbs	11 Lbs