

## Nutrition Facts

### **Hummus**

Serving Size:	6.159 ounces
Serving Per Container:	12 Servings

	<b>Amount Per Serving</b>	<b>% Daily*</b>
Calories	431 Kc	
Calories from fat	228 Kc	
Total Fat	25 Gm	38%
➤ Saturated Fat	5 Gm	25%
Cholesterol	8 mg	3%
Sodium	987 mg	0%
Total Carbohydrate	40 Gm	13%
➤ Fiber	9 Gm	36%
➤ Sugars	0 Gm	
Protein	16 Gm	

<b>Vitamin A</b>	<b>0%</b>	<b>Vitamin C</b>	<b>29%</b>
<b>Calcium</b>	<b>12%</b>	<b>Iron</b>	<b>43%</b>

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

	<b>Calories</b>	<b>2,000</b>	<b>2,500</b>
Total Fat	Less then	65g	80g
➤ Sat Fat	Less then	20g	25g
Cholesterol	Less then	300mg	300mg
Sodium	Less then	2400mg	2400mg
Total Carbohydrate		300g	375g
➤ Fiber		25g	30g

<b>Calories Per Gram</b>	
Fat 9	9
Carbohydrates	4
Protein	4