

Hummus  
scoop

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	1 scoop (55g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8 %</b>
Saturated Fat 1g	<b>4 %</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
<b>Cholesterol</b> less than 5 millig	<b>0 %</b>
<b>Sodium</b> 180mg	<b>8 %</b>
<b>Total Carbohydrate</b> 11g	<b>4 %</b>
Dietary Fiber 3g	<b>10 %</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0 %</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	4%
Potassium 65mg	0%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Cnd Garbanzo Beans (PREPARED GARBANZO BEANS; WATER; SALT; CALCIUM CHLORIDE (FIRMING AGENT); DISODIUM EDTA FOR COLOR RETENTION), Olive Oil (75% Soybean Oil; 25% Olive Pomace Oil), Water, Lemon Juice, Tahini Paste (Pure ground sesame seeds.), Peeled Garlic, Coarse Kosher Salt (Salt; Yellow Prussiate of Soda.).