



825114 - Red Peppers&Carrots w/ Hummus

Source: K12 Culinary

Number of Portions: 25

Size of Portion: 1/2 cup

Alternate Recipe Name: Veggies with Hummus Dip

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Vegetable, Red/Orange

Attributes:

Vegetables

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011821 PEPPERS,SWEET,RED,RAW.....	1 lb + 12 OZS (AP)	CCP: No bare hand contact with ready to eat food. Weigh red bell peppers. Rinse under running water and drain in a colander. Slice off both ends, creating a flat cylinder. Cut along the veins making flat "planks". Slice planks into ½ inch thick sticks.
826519 Hummus, Classic, Kronos WD0500.....	3 1/8 cups	Using a #30 scoop, place 2 Tablespoons of hummus in the bottom of 4 or 5 ounce clear portion cups.
050525 CARROTS, BABY-CUT, FRESH, PEELED...	1 lb + 15 ozs	CCP: No bare hand contact with ready to eat food. Place 5 red bell pepper strips and 5 baby carrots vertically in hummus. (Note: the amounts of pepper and carrots should be 1/4 cup each and quantity of each may vary depending on size. Be sure to check the yield.) Serve 1 cup. CCP: Hold at 41 degrees F. or lower.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	100 kcal	Cholesterol	0 mg	Sugars	*2.1* g	Calcium	32.94 mg	63.89%	Calories from Total Fat
Total Fat	7.12 g	Sodium	113 mg	Protein	2.47 g	Iron	1.15 mg	4.61%	Calories from Saturated Fat
Saturated Fat	0.51 g	Carbohydrates	9.40 g	Vitamin A	5642.5 IU	Water ¹	*23.42* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.55 g	Vitamin C	33.4 mg	Ash ¹	*0.12* g	37.48%	Calories from Carbohydrates
								9.86%	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.