



825095 - Hummus Wrap

Source: K12 Culinary
 Number of Portions: 32
 Size of Portion: each

Components:

Meat/Alt: 2 oz
 Grains: 1.75 oz
 Fruit:
 Vegetable: 0.125 cup
 Milk:

Recipe Subgroups:

Vegetable, Dark Green
 Whole Grain Rich

Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
826194 Tortilla, Wheat, 8in, Mission 33824.....	32 each, 1.8oz(CN=1.75G)	Thaw tortillas at room temperature up to two days in advance of use.
011251 LETTUCE,COS OR ROMAINE,RAW....	11 ozs	<p>CCP: No bare hand contact with ready to eat food. Weigh lettuce. Purchased, pre-cut, prewashed romaine does not require rinsing.</p> <p>For head lettuce, remove the stem end of the romaine head using a chef's knife. Make lengthwise cuts, then turn head ¼ turn and cut across to make 1 to 2 inch dices. Note: 1 lb AP lettuce equals approximately 11 oz chopped romaine. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner).</p> <p>CCP: Hold at 41° F or lower.</p>
826519 Hummus, Classic, Kronos WD0500..... 051558 Cheese, Mozzarella, Lite, Shredded..... 011124 CARROTS,RAW.....	2 qts 3 lbs 2 CUPS (shredded)	<p>CCP: No bare hand contact with ready to eat food. Place thawed tortillas in a single layer on a clean work surface. Portion ¼ cup of the hummus two inches from the top of each tortilla using a no. 16 disher. Top hummus with:</p> <ul style="list-style-type: none"> • 1 1/2 oz of shredded mozzarella (using a 3 oz spoodle) • ¼ cup romaine lettuce (using a 2 oz spoodle) • 1 Tbsp shredded carrots (using a no. 60 disher) <p>Fold bottom of tortilla over filling. Keeping hands pressed on the top of the tortilla, gently pull the tortilla back toward the bottom, forcing the mixture to fill the cavity. Fold in one side about an inch, and roll into a wrap with the other end open. (Note: Refer to the video on <i>How to Roll a Burrito</i> for demonstration of a similar technique.)</p> <p>Place up to two layers of 12 wraps seam-side down into a 2-inch full size pan. Alternately, wrap each one in colorful checkered deli paper and place in a 2-inch full size pan. Cover and hold chilled until service. Serve 1 wrap with clean gloved hands or tongs. CCP: Hold and Serve at 41° F or lower.</p>

		<p>Notes:</p> <p>1. This wrap provides 1 3/4 oz eq of grain. Additional 1/4 oz eq grain must be offered at grades 9-12 to meet the minimum daily meal pattern.</p> <p>2. Crediting for the hummus in this recipe was based on a product formulation statement (PFS) from Kronos brand. There is no Standard of Identity for hummus; therefore, commercially-prepared products labeled as hummus are not creditable unless there is a Child Nutrition (CN) label or a PFS signed by the manufacturer maintained on file for the product served. The CN label or PFS must specify how to credit the hummus toward the meat/meat alternate and/or fruit/vegetable component (s) based on the serving size.</p>
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*Nutrients are based upon 1 Portion Size (each)

Calories	406	kcal	Cholesterol	15	mg	Sugars	4.4	g	Calcium	*125.49*	mg	50.15%	Calories from Total Fat
Total Fat	22.60	g	Sodium	614	mg	Protein	18.81	g	Iron	*2.64*	mg	12.30%	Calories from Saturated Fat
Saturated Fat	5.54	g	Carbohydrates	36.50	g	Vitamin A	*1997.3*	IU	Water ¹	*15.29*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	6.40	g	Vitamin C	*0.8*	mg	Ash ¹	*0.12*	g	35.99%	Calories from Carbohydrates
												18.56%	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.