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Traditional Hummus (#4340)



Hummus, “The Mediterranean Spread”, is a zesty blend of Garbanzo beans, Sesame Tahini and savory spices. Serve as a dip with vegetables and Pita wedges or as a spread for sandwiches, wraps, and salads. The perfect food for vegetarians and is an excellent source of proteins for vegetarians.



Product Number	#4340
Case Pack	4-3.75 lb. containers
Net Weight	15.00 lbs.
Ship Weight	16.30 lbs.
Shelf Life (frozen)	6 Months
Shelf Life (ambient)	7-21 Days

RELATED PRODUCTS

[Roasted Red Pepper Hummus \(4310\)](#)

[Mediterranean Olive Hummus \(4331\)](#)

[Garlic Hummus \(4350\)](#)

[Hummus - Single serve pack \(4325\)](#)

Nutrition Facts

Serving Size 2 tbsp (28g)
Servings Per Container 60

Amount Per Serving	
Calories 60	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Cooked Garbanzo Beans, Water, Sesame Tahini, Lemon Juice, Seasoning (Salt, Sugar, Cellulose, Modified Corn Starch, Spices, Citric Acid), Soybean Oil, Contains 2% or less of: Garlic, Soy Lecithin, Natural Flavors. CONTAINS: Soy