

Orfalea Foundation- SFI

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Recipe Sizing Report

Jul 23, 2013

000166 - School Food Hummus :

HACCP Process: #1 No Cook

Number of Portions: 40

Size of Portions: 2 oz

000801 BEANS GARBANZO ,CANNED.....	1 #10 Can
011215 GARLIC,RAW.....	2 ozs
009152 LEMON JUICE,RAW.....	5 FL OZ
050385 OIL, VEGETABLE.....	4 3/4 ozs
012698 SESAME BUTTER,TAHINI,KRNLS UNSPEC..	5 1/2 ozs
002047 SALT.....	1 Tbsp
002030 PEPPER.....	1 1/8 TSP (ground)
014429 WATER, TAP, MUNICIPAL.....	1 CUP (8 fl oz)

Note: Garlic, tahini (sesame paste) and oil are **weighed**, not volume measures

1. Drain and rinse garbanzo beans*

2. Place ingredients EXCEPT FOR WATER in a cambro container and blend with immersion blender until smooth. If making in smaller volume, may be made in food processor. Add water in 2-3 increments as needed until desired consistency

CCP: Cool to 41° or lower within 4 hours

*If serving immediately, refrigerate canned garbanzo beans overnight before blending

**Note 1 #10 can of garbanzo beans will yield approximately 68 oz in drained weight

CCP: Hold for cold service at 41° F or lower.

CCP: Refrigerate until served.

EQUIPMENT:

1-20 quart cambro bucket (adjust for volume)

1-Digital scale

2-Liquid measuring cups, quart

1-Measuring spoons, full set

1-Storage containers with lids

1-Rubber Spatula

1 Immersion Blender or Food Processor (for smaller volume)

2 Medium bowls for weighing/holding weighed products

*Nutrients are based upon 1 Portion Size (2 oz)

Calories	135	kcal	Cholesterol	0	mg	Protein	4.42	g	Calcium	28.23	mg	44.53%	Calories from Total Fat
Total Fat	6.66	g	Sodium	481	mg	Vitamin A	3.3	RE	Iron	1.02	mg	7.42%	Calories from Sat Fat
Sat Fat	1.11	g	Carbs	14.92	g	Vitamin A	17.8	IU	Water ¹	*10.39*	g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00*	g	D. Fiber	5.69	g	Vitamin C	4.4	mg	Ash ¹	*0.69*	g	44.35%	Calories from Carbs
												13.13%	Calories from Protein

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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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

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