

Nutrition Facts

1 Servings Per Container

Serving Size

1 unit (129g)

Amount Per Serving

Calories

370

% Daily Value *

Total Fat	18 g	23%
Saturated Fat	3 g	14%
<i>Trans Fat</i>	0 g	
Cholesterol	0 mg	0%
Sodium	850 mg	37%
Total Carbohydrate	45 g	16%
Dietary Fiber	7 g	23%
Total Sugars	1 g	
Incl. Added Sugars	0 g	0%
Protein	10 g	13%
Vitamin D		0%
Calcium		4%
Iron		15%
Potassium		6%

* 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Hummus

Chickpeas >

Water >

Tahini (Sesame) >

Soybean Oil >

And/Or Sunflower Oil >

Less Than 2% Of:

Garlic >

Spices >

Salt >

Natural Flavor >

Citric Acid >

Potassium Sorbate (To Maintain Freshness) >

Pretzels

Enriched Wheat Flour



Wheat Flour



Niacin



Reduced Iron



Thiamin Mononitrate



Riboflavin



Folic Acid



Salt



Corn Oil



Sodium Bicarbonate



Malt Syrup

