

# Traditional Hummus (copy)

## Nutrition Facts

12 servings per container

**Serving size**                      **2 tbsp (14g)**

**Amount Per Serving**

**Calories**                                      **40**

**% Daily Value\***

**Total Fat** 3.5g                                      **4%**

Saturated Fat 0g                                      **0%**

*Trans* Fat 0g

**Cholesterol** 0mg                                      **0%**

**Sodium** 95mg                                      **4%**

**Total Carbohydrate** 2g                                      **1%**

Dietary Fiber 0g                                      **0%**

Total Sugars 0g

Includes 0g Added Sugars                                      **0%**

**Protein** 1g

Vitamin D 0mcg                                      0%

Calcium 10mg                                      0%

Iron 0.3mg                                      2%

Potassium 20mg                                      0%

\* 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.

INGREDIENTS: CHICKPEAS, OLIVES, TAHINI (SESAME SEEDS), OLIVE OIL, LEMON JUICE, GARLIC, SALT, GROUND BLACK PEPPER, CUMIN

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