

Jackson County SD6

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Recipe

Apr 17, 2021

Recipe: 005165 JC Hummus Monster CD for 150

Recipe HACCP Process: #2 Same Day Service

Recipe Source: NCSD Elem
Recipe Group: BREAKFAST

Alternate Recipe Name:
Number of Portions: 150
Size of Portion: 1/4 cup

<p>903159 JC BEANS, GARBANZO..... 019296 JC Honey..... 900114 JC Oats quick tube..... 360905 JC PEANUT BUTTER,SMOOTH,REGULAR-COMMODITY... 002050 VANILLA EXTRACT, JC.....</p>	<p>2 #10 Can Drained 1 (5lb) 12 CUP 1 1/4 Bucket 5lb 1 1/2 CUP</p>	<p>Updated Menu! Peanut butter doesn't work in the food processor. This recipe should make around 150 servings for you.</p> <p>1 Pour the garbanzo beans into a strainer; drain, rinse well, and drain once again.</p> <p>2. Add the rinsed garbanzo beans in batches to your food processor You are now only going to use your food processor for the beans and maybe the oats pending your preference. Process the beans in batches. Get it as small and processed as possible.</p> <p>3. In your stand mixer add processed beans, honey, oats, peanut butter, vanilla and mix until everything is well combined. Taste if the recipe still tastes a lot like beans add more peanut butter and honey until texture and taste is where you want it to be.</p> <p>3. Place into a food storage container and store in the fridge until you are ready to serve.</p> <p>4. Portion as a 1/4 cup serving and garnish with mini m and m's or mini chocolate chips or a mixture of both. You don't need a lot!</p> <p>Serve w/ crackers - belly bear, pretzel or any other sweet type package of cracker you have in your inventory. Serve with a cheese stick, sting cheese, sunflower seed, roasted garbanzo bean.</p> <p>This sits well for days. I thought Wednesday would be a good day to get this made.</p>
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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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*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories	219 kcal	Cholesterol	0.00 mg	Sugars	*12.73* g	Calcium	18.94 mg	42.57%	Calories from Total Fat
Total Fat	10.34 g	Sodium	170.98 mg	Protein	6.83 g	Iron	0.99 mg	7.79%	Calories from Saturated Fat
Saturated Fat	1.89 g	Carbohydrates	26.52 g	Vitamin A	6.25 IU	Water ¹	*3.65* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	2.90 g	Vitamin C	1.07 mg	Ash ¹	*0.04* g	48.50%	Calories from Carbohydrates
								12.50%	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.

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 1.000 oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... cup				? - Tree Nut
Milk..... cup				? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change..... 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903159	JC BEANS, GARBANZO			
I	019296	JC Honey			
I	900114	JC Oats quick tube			
I	360905	JC PEANUT BUTTER, SMOOTH, REGULAR-CO			
I	002050	VANILLA EXTRACT, JC			

Notes

Production Notes:
See recipe!

Serving Notes:

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Purchasing Guide:

Miscellaneous Notes:

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