

Basic Report 16158, Hummus, commercial

Report Date: July 23, 2019 18:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 15g	1 cup 246g
Proximates				
Water	g	57.40	8.61	141.20
Energy	kcal	237	36	583
Protein	g	7.78	1.17	19.14
Total lipid (fat)	g	17.82	2.67	43.84
Carbohydrate, by difference	g	15.00	2.25	36.90
Fiber, total dietary	g	5.5	0.8	13.5
Sugars, total	g	0.62	0.09	1.53
Minerals				
Calcium, Ca	mg	47	7	116
Iron, Fe	mg	2.54	0.38	6.25
Magnesium, Mg	mg	75	11	184
Phosphorus, P	mg	181	27	445
Potassium, K	mg	312	47	768
Sodium, Na	mg	426	64	1048
Zinc, Zn	mg	1.44	0.22	3.54
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.160	0.024	0.394
Riboflavin	mg	0.127	0.019	0.312
Niacin	mg	1.024	0.154	2.519
Vitamin B-6	mg	0.146	0.022	0.359
Folate, DFE	µg	48	7	118
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1	0	2
Vitamin A, IU	IU	23	3	57
Vitamin E (alpha-tocopherol)	mg	1.54	0.23	3.79

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	22.8	3.4	56.1
Lipids				
Fatty acids, total saturated	g	2.562	0.384	6.303
Fatty acids, total monounsaturated	g	5.340	0.801	13.136
Fatty acids, total polyunsaturated	g	8.812	1.322	21.678
Fatty acids, total trans	g	0.019	0.003	0.047
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0