

Nutrition Label

Hummus Maple Walnut

Nutrition Facts	
Serving Size 28 g	
Servings Per Container 8	
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Amount Per Serving	
Calories 60	Calories from Fat 15
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% Daily Value*	
Total Fat 1.5g	2 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 55mg	2 %
Total Carbohydrate 11g	4 %
Dietary Fiber 2g	7 %
Sugars 6g	
Protein 2g	
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Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%
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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
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Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Chickpeas, Evaporated Cane Juice, Walnuts, Safflower Oil, Maple Extract, Walnut Extract

CONTAINS: Nuts