

NUTRITIONAL FACTS

POSHI

Dipin by Poshi Single Serve Classic Hummus

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Nutrition Facts				
1 servings per container				
Serving Size		1 pack (40g)		
Amount Per Serving	one serving		per 100 g	
Calories	50		125	
	% DV*		% DV*	
Total Fat	3 g	5%	7.5 g	10%
Saturated Fat	0 g	0%	0 g	0%
<i>Trans Fat</i>	0 g		0 g	
Cholesterol	0 mg	0%	0 g	0%
Sodium	100 mg	4%	250 mg	11%
Total Carbohydrate	5 g	2%	12.5 g	5%
Dietary Fiber	1.6 g	6%	4 g	14%
Total Sugars	0.4 mg		1 g	
includes 0g added sugars	0g	0%	0 g	0%
Protein	3 g		7.5 g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	30mg	2%	75mg	6%
Iron	0.5mg	2%	1.3mg	8%
Potassium	60mg	2%	150mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.				

Ingredients

Chickpea, tahina(sesame), sunflower oil, lemon juice, water, garlic, salt.