

Boiled Peanut Hummus

1 cup Boiled Peanuts (shelled) 🥜

2 tbsp. tahini

1 tbsp. fresh lime or lemon juice 🍋

1/4 tsp. cumin

1/8 tsp. cayenne

2 tbsp. extra virgin olive oil

Throw all of these ingredients in the food processor, adding water as needed to make it smooth and enjoy!

Makes 4- 2oz servings

Sizing Prep Report

Carroll County School Nutrition

900297 - boiled peanut hummus

Recipe HACCP Process: #1 No Cook

Source: Bridgett Cross

Number of Portions: 100

Portion Size: 2 oz

Ingredient #	Ingredient Name	Measurements	Instructions
012166	SESAME BUTTER, TAHINI, FROM RSTD&TSTD KRNLs (MO	3 1/8 cup	No Instructions Assigned
905834	LEMON JUICE	1 1/2 cup + 1 tbsp	
905805	CUMIN, GROUND	2 tbsp + 1/4 TSP	
002031	PEPPER, RED OR CAYENNE	1 TBSP + 1/8 TSP	
011215	GARLIC, RAW	25 clove(s)	
004582	VEGETABLE OIL, CANOLA	3 1/8 CUP	
990412	boiled peanuts	7 LB + 15 oz	
			Put peanuts, tahini, lemon juice, cumin, cayenne, and garlic in food processor and pulse to combine. With processor running slowly add oil. Continue pureeing peanut mixture, adding water 1 Tbsp at a time until hummus is smooth. Season to taste with salt and serve 2 oz portions.

*Nutrients are based upon 1 Portion Size (2 oz)

Calories ¹	207.801 kcal	Total Fat	19.046 g	Total Dietary Fiber	3.729 g	Vitamin C	*0.346* mg	82.487% Calories from Total Fat
Saturated Fat ¹	2.583 g	Trans Fat	*0.028* g	Protein	6.329 g	Iron	*0.688* mg	11.186% Calories from Sat Fat
Sodium ¹	418.769 mg	Cholesterol	*0.000* mg	Vitamin A	*1.396* mcg RAE	Water	*0.673* g	*0.120%* Calories from Trans Fat
Total Sugars	0.050 g	Carbohydrate	4.869 g	Calcium	*33.418* mg	Ash	*0.390* g	9.373% Calories from Carbohydrates
Added Sugars	0.000 g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.009			12.183% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	2 oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup

Allergens

Peanut

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 required nutrient values

NOTICE: The data contained within this report and the Mosaic® 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.