

# Sweet Potato Hummus with SunButter®



**Recipe: 000087 Sweet Potato Hummus Small Batc**

Recipe Source: Sun Butter  
 Recipe Group: VEGETABLES

**Recipe HACCP Process: #1 No Cook**

Alternate Recipe Name:  
 Number of Portions: 7  
 Size of Portion: 1/2 cup

011647 SWEET POTATO,CND,SYRUP PK,DRND SOL.....	20 OZ	Drain canned sweet potatoes and place in a large stand mixer bowl.
016058 CHICKPEAS (GARBANZO BNS,BENGAL GM),MATURE SEE...	15 1/2 OZ	Drain Chickpeas and puree in batches in a food processor until the consistency of a thick paste. Add to the sweet potatoes.
009209 ORANGE JUC,CHILLED,INCL FROM CONC..... 050469 SUNFLOWER SEED BUTTER, SALT ADDED..... 902433 Soy Sauce, Less Sodium, Kikkoman..... 900683 CUMIN,GROUND..... 002013 CORIANDER SEED..... 002021 GINGER,GROUND..... 799904 MUSTARD,POWDER/DRY..... 002020 GARLIC POWDER..... 002047 SALT,TABLE.....	4 TBSP 1 1/2 TBSP 2 TSP 2 3/4 GRAM 2 1/4 GRAM 1 7/8 GRAM 2 3/8 GRAM 3 GRAM 1/3 TSP	To the mixer bowl, add the remaining ingredients. Mix with a paddle attachment on medium speed until well blended, scraping down the sides of the bowl occasionally.  Cumin 1 1/8 tsp Coriander 1 1/8 tsp Ginger 1 1/8 tsp Mustard, Ground 1 1/8 tsp Garlic Powder 1 1/8 tsp

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	176 kcal	Cholesterol	0.00 mg	Protein	5.17 g	Calcium	47.25 mg	18.80%	Calories from Total Fat
Total Fat	3.67 g	Sodium	384.86 mg	Vitamin A	582.83 RE	Iron	2.12 mg	1.89%	Calories from Saturated Fat
Saturated Fat	0.37 g	Carbohydrates	31.91 g	Vitamin A	7446.95 IU	Water <sup>1</sup>	*115.90* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	5.71 g	Vitamin C	11.91 mg	Ash <sup>1</sup>	*1.56* g	72.61%	Calories from Carbohydrates
								11.77%	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  
<sup>1</sup> - denotes optional nutrient values

<b>Miscellaneous</b>	
Meat/Alt.....	oz
Grain.....	oz
Fruit.....	cup
Vegetable.....	0.250 cup
Milk.....	cup
<b>Moisture &amp; Fat Change</b>	
Moisture Change.....	0%
Fat Change.....	0%
Type of Fat.....	

**EQUIVALENTS:** 1/2 cup provides 1/8 cup red/orange vegetable and 1/8 cup beans/legumes or .5 oz equivalent meat/meat alternate (but not both).

**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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