



Natural Hummus

FOOD.BRAND

FOOD.CATEGORY

Nutrients

CALORIES	237 kcal (per 100g)
PROTEIN	7.8g (per 100g)
FAT	17.8g (per 100g)
CARBOHYDRATES	15.0g (per 100g)
FIBER	5.1g (per 100g)

Detailed Nutrient List

FAT	17.82 g
FIBER	5.1 g
PROTEIN	7.78 g

David Janitzek Diets
Premium
Krumbacher Straße 26
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CARBOHYDRATE	15 g
WATER	55 g
PROTEIN PLANT	7.78 g
FATTY SATURATED	2.3 g
FATTY MONOUNSATURATED	10.3 g
FATTY POLYUNSATURATED	4.5 g
OMEGA 6	4.2 g
OMEGA 3	0.3 g
SUGAR	0.3 g
SODIUM	379 mg
POTASSIUM	228 mg
CALCIUM	38 mg
IRON	2.44 mg
MAGNESIUM	86 mg
PHOSPHORUS	176 mg
ZINC	1.75 mg
VITAMIN B1 (THIAMIN)	0.12 mg
VITAMIN B6 (PYRIDOXINE)	0.15 mg
VITAMIN C (ASCORBIC ACID)	1.3 mg
VITAMIN B9 (FOLATE)	82 µg
SALT	0.95 g
ASH	2.1 g
CHOLESTEROL	0 mg

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FATTY TRANS
FIBER SOLUBLE
 0 g
 1.5 g



FIBER INSOLUBLE	3.6 g
STARCH	6.5 g
LUTEIN + ZEAXANTHIN	10 mg
VITAMIN E	1.5 mg

The information contained in this document is for educational purposes only and does not replace medical advice.

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