

FOOD SERVICE



100% VEGETARIAN



HUMMUS

A Blend of Chick Peas, Tahini, Lemon & Olive Oil





100%
VEGETARIAN

HUMMUS

High Protein • Low Sodium • No Cholesterol • No Saturated Fats

HEALTHY Made from chick peas and tahini, hummus is a great source of protein and contains no cholesterol or saturated fats making it a vegetarian favorite. Kontos hummus is low in sodium and made with extra virgin olive oil giving it the added benefit of "heart healthy".

DELICIOUS Our hummus is made in small batches every day for freshness and quality. It's a perfectly balanced blend of chick peas, tahini, lemon, and extra virgin olive oil giving it a fresh, zesty, full flavor.

VERSATILE Spread our traditional hummus on a flatbread or bagel for a nutritious breakfast, create a wrap with roasted red pepper hummus and your favorite fresh vegetables for a healthy vegetarian lunch, or for a heartier meal add falafel or meat. And appetizers couldn't be easier – our favorite is a spoonful of either hummus flavor on a Kontos Cocktail Flatbread adding pesto & pine nuts or red onion & diced tomato for color and crunch.



TRADITIONAL FLAVOR

Nutrition Facts

Serving Size 2 Tbps (1 oz/28g)
Servings Per Container 60

Amount Per Serving

Calories 60 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 0g 0%

Trans Fats 0g

Cholesterol 0mg 0%

Sodium 70mg 3%

Total Carbohydrate 4g 2%

Dietary Fiber 1g 0%

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 2%

Calcium 1% • Iron 1%

ROASTED RED PEPPER

Nutrition Facts

Serving Size 2 Tbps (1 oz/28g)
Servings Per Container 60

Amount Per Serving

Calories 60 Calories from Fat 35

% Daily Value*

Total Fat 4g 6%

Saturated Fat 0g 0%

Trans Fats 0g

Cholesterol 0mg 0%

Sodium 70mg 3%

Total Carbohydrate 4g 2%

Dietary Fiber 1g 4%

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*The Kontos name
will always be our
guarantee
of quality.*



KONTOS NUMBER	GTIN CODE	PRODUCT NAME	PACK WT	CASE					PALLET	
				PACK	NET WT	DIMENSIONS	CUBE	SHIP WT	PAT	CAP
70260	7-00-32394-70260-3	TRADITIONAL FLAVOR	3.75 lbs	2	7.50 lbs	13.00" X 7.00" X 5.50"	0.29	9 lbs	15 x 7	105
70265	7-00-32394-70265-8	ROASTED RED PEPPER	3.75 lbs	2	7.50 lbs	13.00" X 7.00" X 5.50"	0.29	9 lbs	15 x 7	105

KONTOS FOODS, Inc.

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WWW.KONTOS.COM

Made in the USA



/KONTOS FOODS