



Taste the Difference

Product Information Guide 2017 Contact:

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Product	Ingredients	Nutritional Facts
Original Hummus	Garbanzo Beans, Tahini (Ground Sesame), Garlic, Citric Acid, Salt	<p>Size 2 oz. (56g), Servings: 4, Amount per serving: Calories 48, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 205mg (9%DV), Total Carb. 6g (2%DV), Fiber 1g (4%DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (0%DV), Vitamin C (3%DV), Calcium (2%DV), Iron (3%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
Spinach & Artichoke Hummus	Garbanzo Beans, Tahini (Ground Sesame), Fresh Spinach, Artichoke, Garlic, Citric Acid, Salt	<p>Size 2 oz. (56g), Servings: 4, Amount per serving: Calories 50, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 214mg (9%DV), Total Carb. 7g (2%DV), Fiber 7g (5%DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (1%DV), Vitamin C (4%DV), Calcium (2%DV), Iron (4%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
Cilantro Lime Hummus	Garbanzo Beans, Tahini (Ground Sesame), Garlic, Cilantro, Lime, Citric Acid, Salt	<p>Size 2 oz. (56g), Servings: 4, Amount per serving: Calories 49, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 205mg (9%DV), Total Carb. 6g (2%DV), Fiber 1g (5% DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (0%DV), Vitamin C (3%DV), Calcium (2%DV), Iron (3%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
Cilantro Jalapeno Hummus	Garbanzo Beans, Tahini (Ground Sesame), Garlic, Jalapeño Pepper (Vinegar), Cilantro, Citric Acid, Salt	<p>Size 2 oz. (56g), Servings: 4, Amount per serving: Calories 48, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 205mg (9%DV), Total Carb. 7g (2%DV), Fiber 6g (5%DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (0%DV), Vitamin C (8%DV), Calcium (4%DV), Iron (39%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet</p>
Dill Hummus	Garbanzo Beans, Tahini (Ground Sesame), Dill, Garlic, Citric Acid, Salt	<p>Size 2 oz. (56g), Servings: 4, Amount per serving: Calories 49, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 205mg (9%DV), Total Carb. 6g (2%DV), Fiber 1g (5%DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (1%DV), Vitamin C (4%DV), Calcium (2%DV), Iron (3%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet</p>

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Kalamata Olive Hummus	Garbanzo Beans, Tahini (Ground Sesame), Kalamata Olives, Garlic, Citric Acid, Salt	Size 2 oz. (56g), Servings: 4, Amount per serving: Calories 49, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 215mg (9%DV), Total Carb. 6g (2%DV), Fiber 1g (5%DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (0%DV), Vitamin C (3%DV), Calcium (2%DV), Iron (3%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
Pomegranate & Mint Hummus	Garbanzo Beans, Tahini (Ground Sesame), Fresh Mint, Pomegranate Molasses, Garlic, Citric Acid, Salt	Size 2 oz. (56g), Servings: 4, Amount per serving: Calories 49, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 167mg (9%DV), Total Carb. 7g (2%DV), Fiber 1g (5%DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (0%DV), Vitamin C (2%DV), Calcium (2%DV), Iron (4%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
Roasted Garlic & Chive Hummus	Garbanzo Beans, Tahini (Ground Sesame), Roasted Garlic, Chives, Citric Acid, Salt	Size 2 oz. (56g), Servings: 4, Amount per serving: Calories 54, Fat Cal. 18, Total Fat 3g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 205mg (9%DV), Total Carb. 7g (2%DV), Fiber 1g (5%DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (0%DV), Vitamin C (4%DV), Calcium (3%DV), Iron (3%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
Roasted Red Pepper & Chipotle Hummus	Garbanzo Beans, Tahini (Ground Sesame), Roasted Red Pepper, Chipotle (Chipotle Pepper, Tomato Purée, Vinegar), Garlic, Citric Acid, Salt	Size 2 oz. (56g), Servings: 4, Amount per serving: Calories 55, Fat Cal. 33, Total Fat 4g (5%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 247mg (12%DV), Total Carb. 16g (5%DV), Fiber 4g (16%DV), Sugars 3g, Protein 5g (10%DV), Vitamin A (13%DV), Vitamin C (23%DV), Calcium (1%DV), Iron (4%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
Sun-Dried Tomato & Basil Hummus	Garbanzo Beans, Tahini (Ground Sesame), Sun-Dried Tomato, Basil, Garlic, Citric Acid, Salt	Size 2 oz. (56g), Servings: 4, Amount per serving: Calories 53, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 239mg (9%DV), Total Carb. 7g (2%DV), Fiber 2g (5%DV), Sugars 1g, Protein 2g (4%DV), Vitamin A (1%DV), Vitamin C (5%DV), Calcium (3%DV), Iron (4%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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Pesto Hummus	Garbanzo Beans, Tahini (Ground Sesame), Basil, Garlic, Citric Acid, Salt	Size 2 oz. (56g), Servings: 4, Amount per serving: Calories 53, Fat Cal. 18, Total Fat 2g (3%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 239mg (9%DV), Total Carb. 7g (2%DV), Fiber 2g (5%DV), Sugars 1g, Protein 2g (4%DV), Vitamin A (1%DV), Vitamin C (5%DV), Calcium (3%DV), Iron (4%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet
Baba Ghanooj	Eggplant, Tahini (Ground Sesame), Garlic, Citric Acid, Salt	Size 4 oz. (113g), Servings: 2, Amount per serving: Calories 142, Fat Cal. 82, Total Fat 9g (14%DV), Sat. Fat 1g (6% DV), Trans Fat 0g, Cholest. 0mg, Sodium 352mg (14%DV), Total Carb. 14g (5%DV), Fiber 6g (24%DV), Sugars 3g, Protein 5g (10%DV), Vitamin A (0%DV), Vitamin C (8%DV), Calcium (3%DV), Iron (7%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
Garlic Tahini Sauce	Tahini (Ground Sesame), Garlic, Water, Citric Acid, Salt	Serv. Size 1 oz. (28g), Servings: 8, Amount per serving: Calories 73, Fat Cal. 63, Total Fat 7g (10%DV), Sat. Fat 1g (5%DV), Trans Fat 0g, Cholest. 0mg, Sodium 121mg (5%DV), Total Carb. 3g (1%DV), Fiber 1g (4%DV), Sugars 0g, Protein 2g (4%DV), Vitamin A (0%DV), Vitamin C (2%DV), Calcium (5%DV), Iron (6%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
Tzatziki Sauce	Yogurt (Skim Milk, L. acidophilus, S. thermophilus, L. bulgaricus, L. casei, L. rhamnosus, B. bifidum cultures), Cucumber, Garlic, Salt	Size 1 oz. (28g), Servings: 8, Amount per serving: Calories 16, Fat Cal. 0, Total Fat 0g, Sat. Fat 0g, Trans Fat 0g, Cholest. 1mg, Sodium 58mg (2%DV), Total Carb. 2g (1%DV), Fiber 0g, Sugars 2g, Protein 6g (12%DV), Vitamin A (1%DV), Vitamin C (1%DV), Calcium (6%DV), Iron (0%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
Tabouleh	Parsley, Tomato, Onion, Bulgur (Wheat), Fresh Mint, Lemon (Lemon Juice), Olive Oil, Salt, Spice	Size 3.75 oz. (112g), Servings: 2, Amount per serving: Calories 95, Fat Cal. 54, Total Fat 6g (9%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 205mg (8%DV), Total Carb. 7g (2%DV), Fiber 0g, Sugars 0g, Protein 2g (4%DV), Vitamin A (45%DV), Vitamin C (73%DV), Calcium (3%DV), Iron (9%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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Pomegranate Mint Mihshi	Grape Leaves, Rice, Tomato, Onion, Green Bell Pepper, Red Bell Pepper, Parsley, Mint, Non-GMO Rice Oil, Lemon, Pomegranate Molasses, Tomato Paste (Organic Tomatoes), Spice, Salt	Size 3.5 pieces (113g), Servings: 2, Amount per serving: Calories 167, Fat Cal. 153, Total Fat 17g (26%DV), Sat. Fat 3g (15%DV), Trans Fat 0g, Cholest. 0mg, Sodium 373mg (16%DV), Total Carb. 4g (1%DV), Fiber 2g (8%DV), Sugars 3g, Protein 1g (2%DV), Vitamin A (8%DV), Vitamin C (8%DV), Calcium (3%DV), Iron (5%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
Falafel with Gralic Tahini	Garbanzo Beans, Fava Beans, Cilantro, Parsley, Onion, Potato, Garlic, Salt, Spices, Baking Powder, Non-GMO Rice Oil), Tahini Sauce (Ground Sesame, Garlic, Water, Citric Acid, Salt)	Size 1 piece (35g) and 1 oz. (28g), Servings: 4/2.5, Amount per serving: Calories 205, Fat Cal. 117, Total Fat 16g (19%DV), Sat. Fat 2g (10%DV), Trans Fat 0g, Cholest. 0mg, Sodium 75mg (31%DV), Total Carb. 20g (7%DV), Fiber 4g (16%DV), Sugars 1g, Protein 8g (16%DV), Vitamin A (11%DV), Vitamin C (11%DV), Calcium (7%DV), Iron (14%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
Baklava	Fillo Dough (Organic [Wheat] Flour, Filtered Water, Organic [Wheat] Starch, Organic Tapioca Starch, Organic Expeller Pressed Soy Oil, Salt, Organic Malt Extract, Non-GMO Soy Lecithin, Tri-Calcium Phosphate), Walnuts, Unsalted Butter (Cream [Milk]), Pistachios, Sugar, Rose Water, Lemon. CONTAINS: Wheat, Treenuts, Milk	Size 1 oz. (28g), Servings: 3, Amount per serving: Calories 119, Fat Cal. 72, Total Fat 8g (12%DV), Sat. Fat 1.5g (8% DV), Trans Fat 0g, Cholest. 2.5mg (1% DV), Sodium 15mg (1%DV), Total Carb. 14g (5%DV), Fiber 0g, Sugars 11g, Protein 1.5g (2%DV), Vitamin A (1%DV), Vitamin C (0%DV), Calcium (1%DV), Iron (1%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
Gluten Free Tabouleh	Parsley, Tomato, Onion, Quinoa, Lemon (Lemon Juice), Fresh Mint, Olive Oil, Salt, Spice	Serv. Size 3.75 oz. (112g), Servings: 2, Amount per serving: Calories 95, Fat Cal. 54, Total Fat 6g (9%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 205mg (8%DV), Total Carb. 7g (2%DV), Fiber 0g, Sugars 0g, Protein 1g (2%DV), Vitamin A (45%DV), Vitamin C (73%DV), Calcium (3%DV), Iron (9%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

Product	Ingredients	Nutritional Facts
White Pita Bread	Whole wheat flour, water, yeast, sugar, salt. May contain milk and soy products	Size 1 pita (0.5oz), Servings per Container: 5, Amount per serving: Calories 38, Total Fat 0.27g (1%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 68mg (3%DV), Total Carb. 8g (9%DV), Fiber 0.81g (3%DV), Sugars 0.27g, Protein 1.35g (3%DV), Vitamin A (0%DV), Vitamin C (0%DV), Calcium (1%DV), Iron (2%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
Wheat Pita Bread	Whole wheat flour, water, yeast, sugar, salt. May contain milk and soy products	Serv. Size 1 pita (0.5oz), Servings per Container: 5, Amount per serving: Calories 38, Total Fat 0.27g (1%DV), Sat. Fat 0g, Trans Fat 0g, Cholest. 0mg, Sodium 68mg (3%DV), Total Carb. 8g (9%DV), Fiber 0.81g (3%DV), Sugars 0.27g, Protein 1.35g (3%DV), Vitamin A (0%DV), Vitamin C (0%DV), Calcium (1%DV), Iron (2%DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.
Hummus Pita Cups	Pita (Wheat Flour, Water, Sugar, Salt, Non-GMO rice oil, Yeast), Garbanzo Beans, Tahini (ground sesame), Garlic, Salt, Citric Acid	Nutritional Facts found with each item.
Hummus Veggie Cup	Organic Carrots, Garbanzo Beans, Tahini (ground sesame), Garlic, Salt, Citric Acid	Nutritional Facts found with each item.
Lebanese Lunchbox	Ingredient Lists for included items are found in the this document Hummus, Tabouleh, Mihshi, and Falafel	Nutritional Facts found with each item.
Lebanese Meza Box Green	Kalamata Olives, Feta Cheese, GF Tabouleh, Mihshi	Nutritional Facts found with each item.
Lebanese Meza Box Rose	Pita Bread, Hummus, Bell Pepper, Cauliflower	Nutritional Facts found with each item.
Lebanese Meza Box Orange	Pita Chips, Hummus, Carrots, Bell Pepper	Nutritional Facts found with each item.
Lebanese Meza Box Purple	Carrots, Falafel, Garlic Tahini Sauce, Baba Ghanooj	Nutritional Facts found with each item.