

The logo for Kontos, featuring the brand name in a white, bold, sans-serif font inside a white rectangular border with rounded corners and a registered trademark symbol (®) at the bottom right. The logo is set against a dark blue background.

Kontos®

The word 'HUMMUS' is written in a large, white, bold, sans-serif font, centered within a red rounded rectangular banner. The banner has a blue border and is positioned over a background image of hummus in a bowl.

HUMMUS

A blue horizontal bar containing the text 'A BLEND OF CHICK PEAS, TAHINI, LEMON & OLIVE OIL.' in a white, sans-serif font. The bar is positioned below the 'HUMMUS' title and above the main image of the hummus bowl.

A BLEND OF CHICK PEAS, TAHINI, LEMON & OLIVE OIL.





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 64	
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 64	
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%

INGREDIENTS: CHICK PEAS (CHICK PEAS, WATER, SALT, CALCIUM CHLORIDE), WATER, TAHINI (SESAME SEED PASTE), CANOLA OIL, EXTRA VIRGIN OLIVE OIL, GARLIC OIL, CITRIC ACID, SPICES, SEA SALT, 1/10 OF 1% OF SODIUM BENZOATE AND POTASSIUM SORBATE (TO PRESERVE FRESHNESS).

ALLERGENS: CONTAINS SESAME.

INGREDIENTS: CHICK PEAS (CHICK PEAS, WATER, SALT, CALCIUM CHLORIDE), WATER, ROASTED RED PEPPERS (PEPPERS, WATER, SALT, CITRIC ACID), TAHINI (SESAME SEED PASTE), CANOLA OIL AND EXTRA VIRGIN OLIVE OIL BLEND, GARLIC OIL, CITRIC ACID, SEA SALT, 1/10 OF 1% OF SODIUM BENZOATE AND POTASSIUM SORBATE (TO PRESERVE FRESHNESS).

ALLERGENS: CONTAINS SESAME.



100% VEGETARIAN

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

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KONTOS.COM

Find us on /KontosFoods

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