

betabel.

Clean & simple ingredients



In this catalogue, we introduce our special version of **pasteurised hummus**.



**GLUTEN
FREE**



KOSHER



**WITHOUT
PRESERVATIVES**



THE AUTHENTIC FLAVOR OF ARTISANAL BETABEL HUMMUS

We are a Uruguayan family company dedicated to creating different healthy foods with a purpose that goes beyond the usual.

Founded in 2016 by Germán, our vision was continued with passion by his siblings Victoria and Gastón. Today, Gastón, along with his mother Graciela, lead the way, honoring the legacy of both.

They continue to be our guides at Betabel, reminding us of the fundamental values of offering healthy products in a different way. This vision inspires us to bring a commitment to quality, innovation, and love to every food we produce.



Maria Victoria Céspedes Rodríguez

All our products are made **without preservatives, certified Gluten-Free and Kosher**, guaranteeing the highest quality in ingredients, as well as food safety. Our production plant is certified by the MSP (Ministry of Public Health of Uruguay) as Gluten-Free and we hold the prestigious seal from **ACELU (Celiac Association of Uruguay)**, as well as the **URUGUAY NATURAL - LSQA quality seal**.

In this catalog, we present our special version of **pasteurized Hummus**. Packaged in a glass jar for optimal preservation, it has a shelf life of 12 months without the need for refrigeration before opening, recommending refrigeration before consumption only to enhance the flavors.

Since its **launch in January 2022**, our Hummus has experienced remarkable growth. **It is currently found in the main supermarket chains in Uruguay** such as Tienda Inglesa, Devoto, Disco, Geant, El Dorado, Macromercado, Ta-Ta, and distributors with thousands of points between supermarkets and convenience stores. Additionally, we produce private-label hummus for large supermarket chains, as well as for food companies with thousands of points of sale in the country. Recently, we began exporting to Argentina, and soon to Paraguay and the United States.



HUMMUS

TRADITIONAL

The classic hummus, made in a traditional way is perfect for all types of savoury food. We recommend it as a substitute for mayonnaise and spreadable cheeses.



INGREDIENTS:

Chickpeas, aquafaba (chickpeas broth), tahini (sesame seeds), extra virgin olive oil, sunflower oil, lemon juice, marine salt, apple vinegar, fresh garlic, black pepper. Acidifier: Citric acid (INS 330). **CONTAINS SESAME.**

NUTRITION FACTS

Serving size 0.7 OZ (2 tbsp)		
	Amount Per Serving	% Daily Value *
Calories	45 kcal = 188 kj	2%
Total fat	3.3 g	6%
Saturated fat	0.5 g	2%
Trans fat	0 g	0
Carbohydrates	3.1 g	1%
Sugar	0.6 g	0
Dietary fibre	0.9 g	4%
Protein	1.6 g	2%
Sodium	90 mg	4%

* % Daily Value (DV) based on a diet of 2,000 kcal or 8,400 kJ a day. The daily values can be higher or lower depending on the energetic needs.



HUMMUS

SMOKED PAPRIKA

The smoked paprika hummus is perfect for those who like a slightly spicier touch in their food.



INGREDIENTS:

Chickpeas, aquafaba (chickpeas broth), tahini (sesame seeds), extra virgin olive oil, sunflower oil, lemon juice, marine salt, apple vinegar, fresh garlic, smoked paprika, black pepper. Acidifier: Citric acid (INS 330). **CONTAINS SESAME.**

NUTRITION FACTS

Serving size 0.7 OZ (2 tbsp)		
	Amount Per Serving	% Daily Value *
Calories	45 kcal=188 KJ	2%
Total fat	3.3 g	6%
Saturated fat	0.5 g	2%
Trans fat	0 g	0%
Carbohydrates	3.1 g	1%
Sugar	0.6 g	0
Dietary fibre	0.9 g	4%
Protein	1.6 g	2%
Sodium	90 mg	4%

* % Daily Value (DV) based on a diet of 2,000 kcal or 8,400 kJ a day. The daily values can be higher or lower depending on the energetic needs.



HUMMUS

FRESH GARLIC & LEMON JUICE

The garlic and lemon hummus is a variation of the classic hummus enhancing 2 main ingredients. For those who like lemony food it can be a delicious dressing.



INGREDIENTS:

Chickpeas, aquafaba (chickpeas broth), tahini (sesame seeds), extra virgin olive oil, sunflower oil, lemon juice, marine salt, apple vinegar, fresh garlic, black pepper. Acidifier: Citric acid (INS 330). **CONTAINS SESAME.**

NUTRITION FACTS

Serving size 0.7 OZ (2 tbsp)		
	Amount Per Serving	% Daily Value *
Calories	44 kcal=186 kJ	2%
Total fat	3.1 g	6%
Saturated fat	0.4 g	2%
Trans fat	0 g	0
Carbohydrates	3.2 g	1%
Sugar	0.6 g	0
Dietary fibre	0.9 g	4%
Protein	1.5 g	2%
Sodium	90 mg	4%

* % Daily Value (DV) based on a diet of 2,000 kcal or 8,400 kJ a day. The daily values can be higher or lower depending on the energetic needs.



HUMMUS

BLACK OLIVES

The black olives hummus is a variation of the classic hummus with a Mediterranean touch.



INGREDIENTS:

Chickpeas, aquafaba (chickpeas broth), tahini (sesame seeds), black olives, extra virgin olive oil, sunflower oil, lemon juice, marine salt, apple vinegar, fresh garlic, black pepper. Acidifier: Citric acid (INS 330). **CONTAINS SESAME.**

NUTRITION FACTS

Serving size 0.7 OZ (2 tbsp)		
	Amount Per Serving	% Daily Value *
Calories	45 kcal=188 kJ	2%
Total fat	3.1 g	5%
Saturated fat	0.4 g	2%
Trans fat	0 g	0
Carbohydrates	3.2 g	2%
Sugar	0.6 g	0
Dietary fibre	0.9 g	4%
Protein	1.5 g	2%
Sodium	88 mg	4%

* % Daily Value (DV) based on a diet of 2,000 kcal or 8,400 kJ a day. The daily values can be higher or lower depending on the energetic needs.



HUMMUS

PROVENÇAL

The Provençal hummus, made with fresh parsley is perfect with meat, specially minced.



INGREDIENTS:

Chickpeas, aquafaba (chickpeas broth), tahini (sesame seeds), extra virgin olive oil, sunflower oil, fresh garlic, parsley, lemon juice, marine salt, apple vinegar, black pepper. Acidifier: Citric acid (INS 330). **CONTAINS SESAME.**

NUTRITION FACTS

Serving size 0.7 OZ (2 tbsp)		
	Amount Per Serving	% Daily Value *
Calories	44 kcal=186 kJ	2%
Total fat	3.2 g	6%
Saturated fat	0.4 g	2%
Trans fat	0 g	0
Carbohydrates	3.2 g	1%
Sugar	0.6 g	0
Dietary fibre	0.9 g	4%
Protein	1.5 g	2%
Sodium	89 mg	4%

* % Daily Value (DV) based on a diet of 2,000 kcal or 8,400 kJ a day. The daily values can be higher or lower depending on the energetic needs.



HUMMUS

CHIMICHURRI

Chimichurri hummus is a variation of the classic, with just the right amount of spice.



INGREDIENTS

Chickpeas, aquafaba (chickpea broth), tahini (sesame seeds), extra virgin olive oil, lemon juice, sunflower oil, garlic, sea salt, apple cider vinegar, parsley, spicy pepper, oregano, onion, black pepper, and citric acid (INS 330). **CONTAINS SESAME.**

NUTRITION FACTS

Serving size 0.7 OZ (2 tbsp)		
	Amount Per Serving	% Daily Value *
Calories	47 kcal=197 kJ	2%
Total fat	3.2 g	6%
Saturated fat	0.4 g	2%
Trans fat	0 g	0
Carbohydrates	3.2 g	1%
Sugar	0.6 g	0
Dietary fibre	0.9 g	4%
Protein	1.5 g	2%
Sodium	82 mg	3%

* % Daily Value (DV) based on a diet of 2,000 kcal or 8,400 kJ a day. The daily values can be higher or lower depending on the energetic needs.

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