990380 - Bean Salad

Recipe HACCP Process: #1 No Cook
Source: DCPS
Number of Portions: 20
Portion Size: 1/2 cup

Ingredient #	Ingredient Name	Measurements	Instructions
990550	Garbanzo Beans, Chickpeas, LS, 6/#10, Furmanos	4 cup	1. Drain and measure Chickpeas,Black Beans,and Kidney Beans
990549	Kidney Beans, Dark Red, LS, 6/#10, Bush's	3 cup	2. Dice and chop onions and green bell peppers
990552	Black Beans, Canned, LS, 6/#10, Bush's	3 cup	3. Mix together oil,vinegar,sugar and seasonings in a bowl
011282	ONIONS,RAW	1/2 CUP, chopped	4. Mix all ingredients together in a large bowl
011333	PEPPERS,SWEET,GREEN,RAW	1 medium (2-3/4" x 2-1/2") + 1/4 CUP, chopped	5. Place 1/2 cup in a 5.5oz souffle cup
990569	Vinegar, Distilled, White, 4/1gal, Gordon Choice	8 tbsp	CCP: Cover,date,label,and refrigerate at 40°F or lower until ready for service.
990571	Oil, Olive and Soy Blend, 6/1gal	4 tbsp	
990581	Sugar, Granulated, Cane, 1/25lb, GFS	2 tbsp	Save leftovers for up to three (3) days.
900771	GARLIC, GRANULATED	2/3 TBSP	
990502	Seasoning, Italian Herb, 1/6oz, Trade East	2 tbsp	

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories¹	161.520 kcal	Total Fat	3.769 g	Total Dietary Fiber	5.422 g	Vitamin C	*6.336* mg	21.000% Calories from Total Fat
Saturated Fat¹	0.406 g	Trans Fat²	*0.000* g	Protein	7.455 g	Iron	*0.041* mg	2.264% Calories from Sat Fat
Sodium¹	140.456 mg	Cholesterol	0.000 mg	Vitamin A	*27.645* IU	Water	*10.583* g	*0.000%* Calories from Trans Fat
Sugars	*4.348* g	Carbohydrate	24.623 g	Calcium	*1.889* mg	Ash	*N/A* g	60.978% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	$0.192			18.462% Calories from Protein
Type of Fat	-							

Components				
Meat/Meat ALT oz eq	Grain oz eq	Fruit cup	Vegetable .5 cup	Milk cup

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
* - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes required nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.