



Recipe Production

Recipe Number: FS008

Recipe Name: BLACK BEAN EMPANADA

Hot: Yes

Recipe Source: Boulder Valley School District

HACCP Process Category:

Complex

Serving Description: 1 serving = 1 empanada

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1 each				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3561	CALZONE DOUGH 6.5" 80/2.3 OZ	100	CALZONE			(Unassigned)
2500	BEANS BLACK 6/10	15	Pound	4 3/4	Ounce	(Unassigned)
2505	CORN FROZEN 12/2.5 LB	1	Pound	4	Ounce	(Unassigned)
9004	CHEESE CHED SHRED 30 LB	6	Pound	4	Ounce	(Unassigned)
2516	PEPPERS CHILE DICE 6/10	12	Ounce	22 2/3	Gram	(Unassigned)
1046	SPICE CUMIN BULK 10 LB	2	Tbsp	1/2	tsp	(Unassigned)
1102	SPICE CHILI POW DK ORG 20 OZ	1	Tbsp	2 1/2	tsp	(Unassigned)
1011	SALT KOSHER 12/3 LB	1	tsp			(Unassigned)
1309	OIL VEGETABLE 6/1 GAL	2	Tbsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	1	TSP			(Unassigned)
1103	SPICE PAPRIKA GRD ORG 15 OZ	1	tsp			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe source: Boulder Valley School District Food Services
 Black Beans yield 56%

Preparation Instructions

Get calzone dough out and start the thawing process. Small stacks on sheet pans seem to work best.
 Mix all ingredients together except 2nd amount of salt, paprika, and parsley. Use a #16 (1/4 cup) disher and put mix on a calzone dough.
 Fold dough over mix and crimp dough down. Place 20 empanadas on 1 sheet pan.
 Brush empanadas with oil. Sprinkle spices (2nd salt amount in ingredients, paprika, and parsley) over the empanadas. Using a fork or knife, poke vent holes in top of empanadas.
 Place empanadas in freezer. Slack empanadas 30 minutes prior to cooking.
 Bake in 350 degree oven on low fan approximately 20 minutes or until golden brown and internal temp is 145 degrees.

Serving Instructions



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	25,975.5822	186.6733	259.7558		
Saturated Fat	g	226.6196	1.6286	2.2662	7.85	
Sodium	mg	69,027.4945	496.0655	690.2749		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	732.5410	5.2644	7.3254	25.38	
Cholesterol	mg	595.3531	4.2785	5.9535		
Carbohydrate	g	3,374.6231	24.2517	33.7462	51.97	
Total Dietary Fiber	g	522.6055	3.7557	5.2261		
Protein	g	1,414.5567	10.1657	14.1456	21.78	
Vitamin A (RE)	RE	2,920.8968	20.9910	29.2090		*
Vitamin A (IU)	IU	11,487.4832	82.5547	114.8748		*
Vitamin C	mg	133.7231	0.9610	1.3372		*
Calcium	mg	13,212.4139	94.9509	132.1241		*
Iron	mg	53.2388	0.3826	0.5324		*
Moisture	g	4,753.7523	34.1628	47.5375		*
Ash	g	187.9916	1.3510	1.8799		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3561	CALZONE DOUGH 6.5" 80/2.3 OZ	1.00	(Unassigned)	100	0.00	CALZONE	/
2500	BEANS BLACK 6/10	1.00	(Unassigned)	2	0.21	CAN (111 OZ)	/
2505	CORN FROZEN 12/2.5 LB	1.00	(Unassigned)	1	0.25	LB	/
9004	CHEESE CHED SHRED 30 LB	1.00	(Unassigned)	6	0.25	LB	/
2516	PEPPERS CHILE DICE 6/10	1.00	(Unassigned)	0	0.11	CAN (114 OZ)	/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.03	LB	/
1102	SPICE CHILI POW DK ORG 20 OZ	1.00	(Unassigned)	0	0.47	OZ	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.00	BOX (3 LB)	/
1309	OIL VEGETABLE 6/1 GAL	1.00	(Unassigned)	0	0.01	GAL	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.00	BOX (3 LB)	/
1103	SPICE PAPRIKA GRD ORG 15 OZ	1.00	(Unassigned)	0	0.11	OZ	/

REPORT CRITERIA:

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