



Recipe Production

Recipe Number: FS018

Recipe Name: CURRIED CHICKPEAS PK-8

Hot: Yes

Recipe Source: Washington State Schools

HACCP Process Category:

Same Day

Serving Description: 4 OZ WEIGHT OR 1/4 CUP VOLUME

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
98	4 OUNCES				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2501	BEANS GARBANZO 6/10	19	Pound	11	Ounce	(Unassigned)
1123	SPICE CURRY POW ORG 17 OZ BAG	8	Tbsp			(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	3	Ounce			(Unassigned)
2538	ONION YELLOW JUMBO 50 LB	2	Pound	1	Ounce	(Unassigned)
2579	PEPPER RED 25 LB	1	Pound	8	Ounce	(Unassigned)
1025	SPICE PEPPER WHITE	2	Tbsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	2	TSP			(Unassigned)
TAP	WATER	1	Quart	1 1/4	Pint	(Unassigned)
9045	TOMATOES DICED COMM 6/10	2	CAN(#10)			(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	3/4	Cup			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Recipe Source: Washington State Schools "Scratch Cooking" Recipe Book
 Drained canned chickpeas yield: 65%
 Cooked onion yields: 78%
 Cooked bell peppers yield: 73%
 Drained diced tomatoes yield: 66%

Preparation Instructions

Mince garlic. Dice onions and peppers.
 Drain chickpeas.
 Heat oil, add garlic and cook for 30 seconds.
 Add onions, peppers, and salt. Cook until soft.
 Add pepper and curry powder.
 Add water and bring to a boil.
 Reduce heat, stir in chickpeas and tomatoes and cook for 20 minutes.

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	9,755.4683	76.3199	99.5456		
Saturated Fat	g	30.8949	0.2417	0.3153	2.85	
Sodium	mg	31,213.4237	244.1918	318.5043		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	237.7643	1.8601	2.4262	21.94	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	1,637.5071	12.8107	16.7093	67.14	
Total Dietary Fiber	g	331.7145	2.5951	3.3848		
Protein	g	345.2382	2.7009	3.5228	14.16	
Vitamin A (RE)	RE	4,924.5751	38.5264	50.2508		
Vitamin A (IU)	IU	26,915.3878	210.5670	274.6468		
Vitamin C	mg	1,426.1383	11.1571	14.5524		
Calcium	mg	3,818.1102	29.8702	38.9603		
Iron	mg	100.6993	0.7878	1.0275		
Moisture	g	6,749.5352	52.8036	68.8728		*
Ash	g	112.0755	0.8768	1.1436		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
2501	BEANS GARBANZO 6/10	1.00	(Unassigned)	2	0.84	CAN (111 OZ)	/
1123	SPICE CURRY POW ORG 17 OZ E	1.00	(Unassigned)	1	0.69	OZ	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.19	LB	/
2538	ONION YELLOW JUMBO 50 LB	1.00	(Unassigned)	2	0.06	LB	/
2579	PEPPER RED 25 LB	1.00	(Unassigned)	1	0.50	LB	/
1025	SPICE PEPPER WHITE	1.00	(Unassigned)	0	0.51	OZ	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
9045	TOMATOES DICED COMM 6/10	1.00	(Unassigned)	2	0.04	CAN (102 OZ)	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.02	CONTAINER (/

REPORT CRITERIA:

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