



Recipe Production

Recipe Number: FS076

Recipe Name: BLACK BEAN EMPANADA PK

Hot: Yes

Recipe Source: Boulder Valley School District

HACCP Process Category:

Complex

Serving Description: 1 serving = 1/2 empanada

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1/2 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	50	CALZONE			(Unassigned)
2500	BEANS BLACK 6/10	7	Pound	10 1/2	Ounce	(Unassigned)
2505	CORN FROZEN 12/2.5 LB	10	Ounce			(Unassigned)
9004	CHEESE CHED SHRED 30 LB	3	Pound	2	Ounce	(Unassigned)
2516	PEPPERS CHILE DICE 6/10	6	Ounce	11 1/3	Gram	(Unassigned)
1046	SPICE CUMIN BULK 10 LB	1	Tbsp	1/4	tsp	(Unassigned)
1102	SPICE CHILI POW DK ORG 20 OZ	2 3/4	tsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	1	TBSP			(Unassigned)
1309	OIL VEGETABLE 6/1 GAL	1	Tbsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	1	TSP			(Unassigned)
1103	SPICE PAPRIKA GRD ORG 15 OZ	1/2	tsp			(Unassigned)
1104	SPICE PARSLEY COARSE ORG 25 OZ	1/2	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
 PK serving is 1/2 empanada



Recipe Production

Recipe Number: FS076

Recipe Name: BLACK BEAN EMPANADA PK

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	12,990.6413	186.3234	129.9064		
Saturated Fat	g	113.3105	1.6252	1.1331	7.85	
Sodium	mg	38,792.6992	556.3996	387.9270		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	366.2719	5.2534	3.6627	25.38	
Cholesterol	mg	297.6735	4.2695	2.9767		
Carbohydrate	g	1,687.8322	24.2084	16.8783	51.97	
Total Dietary Fiber	g	261.4884	3.7505	2.6149		
Protein	g	707.4583	10.1470	7.0746	21.78	
Vitamin A (RE)	RE	1,460.4374	20.9469	14.6044		*
Vitamin A (IU)	IU	5,743.7011	82.3813	57.4370		*
Vitamin C	mg	66.8624	0.9590	0.6686		*
Calcium	mg	6,609.9907	94.8064	66.0999		*
Iron	mg	26.6822	0.3827	0.2668		*
Moisture	g	2,379.4988	34.1289	23.7950		*
Ash	g	105.0346	1.5065	1.0503		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
3561	CALZONE DOUGH 6.5" 80/2.3 OZ	1.00	(Unassigned)	50	0.00	CALZONE	/
2500	BEANS BLACK 6/10	1.00	(Unassigned)	1	0.10	CAN (111 OZ)	/
2505	CORN FROZEN 12/2.5 LB	1.00	(Unassigned)	0	0.62	LB	/
9004	CHEESE CHED SHRED 30 LB	1.00	(Unassigned)	3	0.12	LB	/
2516	PEPPERS CHILE DICE 6/10	1.00	(Unassigned)	0	0.06	CAN (114 OZ)	/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.02	LB	/
1102	SPICE CHILI POW DK ORG 20 OZ	1.00	(Unassigned)	0	0.23	OZ	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
1309	OIL VEGETABLE 6/1 GAL	1.00	(Unassigned)	0	0.00	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	0.06	OZ	/
1104	SPICE PARSLEY COARSE ORG 2	1.00	(Unassigned)	0	0.01	OZ	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: