



Recipe Production

Recipe Number: SA120

Recipe Name: MEDITERRANEAN COUSCOUS 1 QT

Hot: No

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description: 1 QUART

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
2	1 QUART				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3537	COUSCOUS WW 6/1.5 LB	4	Ounce			(Unassigned)
TAP	WATER	6	Fl Oz			(Unassigned)
1505	CHEESE FETA 2/8 LB	2	Ounce	21 1/4	Gram	(Unassigned)
	Onions, spring or scallions (includes tops	14 1/8	Gram			(Unassigned)
2579	PEPPER RED 25 LB	6	Ounce	16	Gram	(Unassigned)
2508	OLIVE RIPE SLICED 6/10	7	Ounce			(Unassigned)
2501	BEANS GARBANZO 6/10	2	Pound	2 2/3	Ounce	(Unassigned)
	SALT, TABLE	1	tsp			(Unassigned)
	PEPPER, BLACK	1/8	tsp			(Unassigned)
1309	OIL VEGETABLE 6/1 GAL	2	Tbsp	1 1/2	tsp	(Unassigned)
2008	JUICE LEMON FRESH 16/32 OZ	3	Tbsp			(Unassigned)
	Oregano leaves;dried	1				(Unassigned)

Cooking Instructions				
Cooking Temperature:	0	Cooking Times:	Hours: 0	Minutes: 0

Pre-Preparation Instructions

Green onion yield = 83%
 Olives yield = 54%
 Pepper yield = 80%
 Garbanzo yield = 65%
 Cook couscous per package directions. Chill.
 Crumble feta.
 Drain and chill olives and beans.

Preparation Instructions

Combine cooked couscous, olives, red peppers, and green onions.
 In a separate bowl whisk together lemon juice, oil, and spices.
 Toss all ingredients together. Transfer to hotel pans.
 Cover, label, date. Keep cold per HACCP until transported.

Serving Instructions

Keep salad cold until use on salad bar.
 One recipe batch of 2 qts yields 16/0.5 cup servings.



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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	1,890.6309	138.7278	945.3154		
Saturated Fat	g	16.0528	1.1779	8.0264	7.64	
Sodium	mg	5,913.7222	433.9280	2,956.8611		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	69.9216	5.1306	34.9608	33.28	
Cholesterol	mg	69.3860	5.0913	34.6930		
Carbohydrate	g	253.6072	18.6088	126.8036	53.66	
Total Dietary Fiber	g	45.1412	3.3123	22.5706		
Protein	g	59.0026	4.3294	29.5013	12.48	
Vitamin A (RE)	RE	992.6017	72.8336	496.3008		
Vitamin A (IU)	IU	5,344.9921	392.1966	2,672.4960		
Vitamin C	mg	217.5112	15.9602	108.7556		
Calcium	mg	807.3093	59.2375	403.6546		
Iron	mg	15.6331	1.1471	7.8166		
Moisture	g	822.9479	60.3850	411.4740		*
Ash	g	22.1406	1.6246	11.0703		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3537	COUSCOUS WW 6/1.5 LB	1.00	(Unassigned)	0	0.17	BAG (1.5 LB)	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
1505	CHEESE FETA 2/8 LB	1.00	(Unassigned)	0	0.17	LB	/
	Onions, spring or scallions (includes	1.00	(Unassigned)				/
2579	PEPPER RED 25 LB	1.00	(Unassigned)	0	0.41	LB	/
2508	OLIVE RIPE SLICED 6/10	1.00	(Unassigned)	0	0.07	CAN (104 OZ)	/
2501	BEANS GARBANZO 6/10	1.00	(Unassigned)	0	0.31	CAN (111 OZ)	/
	SALT, TABLE	1.00	(Unassigned)				/
	PEPPER, BLACK	1.00	(Unassigned)				/
1309	OIL VEGETABLE 6/1 GAL	1.00	(Unassigned)	0	0.01	GAL	/
2008	JUICE LEMON FRESH 16/32 OZ	1.00	(Unassigned)	0	0.05	CONT (32 FL OZ)	/
	Oregano leaves;dried	1.00	(Unassigned)				/

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