



Recipe Production

Recipe Number: SA621

Recipe Name: THREE BEAN SALAD

Hot: No

Recipe Source: Cook Book

HACCP Process Category:

No Cook

Serving Description: 1/2 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
48	1/2 cup				

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	7	Pound	13 2/3	Gram	(Unassigned)
2502	BEANS RED FCY 6/10	5	Pound	9 1/4	Ounce	(Unassigned)
2500	BEANS BLACK 6/10	5	Pound	8	Ounce	(Unassigned)
2577	PEPPER GREEN MED 25 LB	10	Ounce			(Unassigned)
2579	PEPPER RED 25 LB	10	Ounce			(Unassigned)
2004	LIME JUICE 6/32 OZ	1	Cup			(Unassigned)
1306	OIL EVO ITAL 6/1 GAL	1	Cup			(Unassigned)
1205	HONEY 6/5 LB	8	Tbsp	1/4	tsp	(Unassigned)
2600	CILANTRO 6 CT	1/8	BUNCH			(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	2	tsp			(Unassigned)
2510	JALAPENO SLICED 6/10	1	Tbsp			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Yield Factors
 Garbanzo Bean yield = 65%.
 Kidney Bean yield = 60%.
 Black Bean yield = 56%.
 Green Pepper yield = 80%.
 Red Pepper yield = 80%.
 Wash and chop cilantro.
 Mince garlic and jalepeno.
 Dice peppers.

Preparation Instructions

Mix all ingredients well.
 Keep refrigerated.
 Label and date.

Serving Instructions

Serve cold on salad bar.
 1/2 cup wt = 7.93 oz



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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	8,623.7754	80.9082	179.6620		
Saturated Fat	g	32.4771	0.3047	0.6766	3.39	
Sodium	mg	20,413.5946	191.5202	425.2832		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	240.7697	2.2589	5.0160	25.13	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	1,373.8232	12.8892	28.6213	63.72	
Total Dietary Fiber	g	238.2436	2.2352	4.9634		
Protein	g	277.5103	2.6036	5.7815	12.87	
Vitamin A (RE)	RE	1,485.9210	13.9409	30.9567		
Vitamin A (IU)	IU	8,464.2464	79.4115	176.3385		
Vitamin C	mg	1,474.0365	13.8294	30.7091		
Calcium	mg	2,524.2505	23.6825	52.5886		
Iron	mg	87.2949	0.8190	1.8186		
Moisture	g	7,405.2283	69.4758	154.2756		*
Ash	g	72.2235	0.6776	1.5047		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
2501	BEANS GARBANZO 6/10	1.00	(Unassigned)	1	0.01	CAN (111 OZ)	/
2502	BEANS RED FCY 6/10	1.00	(Unassigned)	0	0.80	CAN (111 OZ)	/
2500	BEANS BLACK 6/10	1.00	(Unassigned)	0	0.79	CAN (111 OZ)	/
2577	PEPPER GREEN MED 25 LB	1.00	(Unassigned)	0	0.62	LB	/
2579	PEPPER RED 25 LB	1.00	(Unassigned)	0	0.62	LB	/
2004	LIME JUICE 6/32 OZ	1.00	(Unassigned)	5	0.29	CONT (32 FL (/
1306	OIL EVO ITAL 6/1 GAL	1.00	(Unassigned)	0	0.06	GAL	/
1205	HONEY 6/5 LB	1.00	(Unassigned)	0	0.07	JUG (5 LB)	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	0	0.24	BUNCH	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.01	LB	/
2510	JALAPENO SLICED 6/10	1.00	(Unassigned)	0	0.00	CAN (106 OZ)	/

REPORT CRITERIA:

Sections Filter(s):

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