



Recipe Production

Recipe Number: SI513

Recipe Name: SIDE BLACK BEANS

Hot: Yes

Recipe Source: Boulder Valley School District

HACCP Process Category:

Complex

Serving Description: 2 OZ

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
84	2 OZ				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2004	LIME JUICE 6/32 OZ	4	Ounce			(Unassigned)
1010	SALSA MEDIUM RED 4/1 GAL	9	Ounce	5 2/3	Gram	(Unassigned)
1046	SPICE CUMIN BULK 10 LB	1 3/4	tsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	1	Tbsp			(Unassigned)
2500	BEANS BLACK 6/10	21	Pound			(Unassigned)

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

Pre-Preparation Instructions
 Black beans yield 56%

Preparation Instructions
 Drain black beans. Mix all ingredients with beans and place in hotel pan

Serving Instructions
 Serving size = 2oz per person



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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	3,419.5858	79.8349	40.7094		
Saturated Fat	g	0.1371	0.0032	0.0016	0.04	
Sodium	mg	26,580.9856	620.5694	316.4403		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1.0708	0.0250	0.0127	0.28	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	625.2622	14.5976	7.4436	73.14	
Total Dietary Fiber	g	210.0370	4.9036	2.5004		
Protein	g	212.8511	4.9693	2.5339	24.90	
Vitamin A (RE)	RE	164.4881	3.8402	1.9582		
Vitamin A (IU)	IU	846.3073	19.7582	10.0751		
Vitamin C	mg	50.2991	1.1743	0.5988		
Calcium	mg	1,470.3359	34.3270	17.5040		
Iron	mg	34.0310	0.7945	0.4051		
Moisture	g	3,072.3369	71.7279	36.5754		*
Ash	g	92.3356	2.1557	1.0992		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
2004	LIME JUICE 6/32 OZ	1.00	(Unassigned)	0	0.12	CONT (32 FL OZ)	/
1010	SALSA MEDIUM RED 4/1 GAL	1.00	(Unassigned)	0	0.06	GAL	/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.01	LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
2500	BEANS BLACK 6/10	1.00	(Unassigned)	3	0.03	CAN (111 OZ)	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

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