

Recipe Report:

Recipe Name: Salad, Beans, Fiesta Pinto

Recipe Code: Rec 2946

Number of Servings: 25

Recipe's Ingredients (** = A CN Database Serving Type)			
Ingredient Name	Code	Primary Measure	Secondary Measure
Onions, Green	99238	1 Cup (chopped)	
Garlic	99228	5 Each (Clove)	
Cilantro	99226	1 Cup	
Sugar, Granulated 25# (Sysco)	10829	6 Teaspoon	
Jalapenos	99229	1/4 Cup (Sliced)	
Beans, Pinto (Danielson)	10312	1 Can #10	
Vinegar - Apple Cider	99158	1 1/4 Cup	
Dressing, Italian	99144	1 Cup	

Recipe Instructions
Preparation Description
Chop green oniona, garlic, cilantro, jalapenos and add to one #10 can of drained pinto beans. Mix Italian dressing, cider vinegar and sugar. Pour over bean mix and marinate over night. Serve or send out for transport. Recipe yield: 25- 1/2 cup servings Serve cold on salad bar 40 degrees Serve hot in burrito bowl 135 degrees
HACCP Information
Wash your hands Wear gloves Wear hairnet Sanitize work surface, equipment, and utensils. Hold cold foods at an internal temperature of 41 degrees F or lower HACCP Process: Same Day
Allergens
Soy

Local Serving Details				
Serving Size	Serving Type	Weight (g)	Proj. Num.Of Servings	Serving Description
1	Serving (1/2 cup serving)	103.941	25	1/2 cup Serving
1	Batch	2598.558	1	full batch recipe Salad, BEans, Fiesta Pinto (25)

Item Nutrition Composition for One Serving (1 Serving (1/2 cup serving) 103.941 g							
Calories	69.928 Kcal	Sodium	487.940 mg	Calcium	38.279 mg	Ash	1.240 ! g
Total Fat	.164 g	Carbohydrate	13.966 g	Sugars	1.393 ! g	% Kcal From Sat. Fat	.035 %
Sat. Fat	.003 g	Dietary Fiber	3.714 g	Vitamin A (IU)	92.823 IU	% Kcal From Fat	2.105 %
Total Trans	.000 ! g	Protein	3.091 g	Vitamin C	2.531 mg	% Kcal From Protein	17.681 %
Cholesterol	.000 mg	Iron	.672 mg	Moisture	64.601 ! g	% Kcal From Carb	79.887 %
						% Weight from Total Sugars	1.340 ! %

Recipe Report:



Item Nutrition Composition for Contribution Per One Serving (103.941)																						
Code	Ingredient Name	Cal (KCal)	Fat (g)	SFat (g)	TTr (g)	Chol (mg)	Pro (g)	Fe (mg)	Ca (mg)	Sugars (g)	Vit A (IU)	Vit C (mg)	Na (mg)	Carb (g)	TDF (g)	Ash (g)	Mois (g)	% Kcal From Pro	% Kcal From Carb.	% Kcal From Fat	% Kcal From SFat	% Weight from Total Sugars
99238	Onions, Green	1.280	.008	.001	***	.000	.073	.059	2.880	.093	39.880	.752	.640	.294	.104	.032	3.593	22.875	91.750	5.344	.900	.090
99228	Garlic	.894	.003	.001	***	.000	.038	.010	1.086	.006	.054	.187	.102	.198	.013	.009	.351	17.074	88.752	3.020	.538	.006
99226	Cilantro	.147	.003	.000	***	.000	.014	.011	.429	.006	43.187	.173	.294	.023	.018	.009	.590	37.043	63.826	20.348	.391	.005
10829	Sugar, Granulated 25# (Sysco)	3.715	.000	.000	***	.000	.000	.000	.010	.958	.000	.000	.010	.960	.000	.000	.000	.000	103.339	.000	.000	.922
99229	Jalapenos	.261	.003	.001	***	.000	.008	.002	.108	.037	9.702	1.067	.027	.059	.025	.005	.825	12.552	89.655	11.483	2.793	.036
10312	Beans, Pinto (Danielson)	59.241	.000	.000	***	.000	2.958	.589	33.767	***	.000	.000	331.784	11.847	3.554	1.185	59.241	19.972	79.990	.000	.000	***
99158	Vinegar - Apple Cider	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	***	***	.000	.000	.000	.000	.000
99144	Dressing, Italian	4.389	.146	.000	.000	.000	.000	.000	.000	.293	.000	.351	155.083	.585	.000	***	***	.000	53.337	30.002	.000	.282

Legend

*** = Missing Nutrient Values != Missing nutrient value in one or more of the ingredients	Carb = Carbohydrate	Vit A (IU) = Vitamin A-IU	Mois = Moisture
Cal = Calories	SFat = Saturated fat	TDF = Dietary Fiber	Disclaimer: Trans Fat Values are for informational purposes, not for monitoring purposes
Pro = Protein	TTr* = Total Trans	Chol = Cholesterol	
Na = Sodium	Fe = Iron	Ca = Calcium	
Some ingredients may have "as consumed" nutrients and yield factors applied to obtain an accurate nutrient analysis. Refer to the recipe for more information.			

Recipe Report:



Food Based Nutrition Summary

Ingredient Name	General			M/MA		V			F		B/G			D		
	Amount	Serving Type	Weight (g)	Value	Unit	Value	Unit	Subgroup	Value	Unit	Value	Unit	Subgroup	Value	Unit	Subgroup
	1	Serving (1/2 cup serving)	103.941	0	Oz eq	0.5	Cups	B/P	0		0	Oz eq		0	Cups	

Legend

M/MA	Meat / Meat Alternative	V	Vegetable
B/G	Bread / Grain	V Subgroup	DG= Dark Green, R/O= Red/Orange, B/P= Beans/Peas, S= Starchy, O= Other
B/G Subgroup	WGR= Whole Grain Rich, O= Other	D	Dairy (Milk)
F	Fruit	D Subgroup	FFF= Fat-Free Flavored, FFU= Fat-Free Unflavored, LFU= Low-Fat Unflavored
Oz eq	Ounce equivalent		