

Humboldt Unified School District

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Recipe

Dec 8, 2022

Recipe: 000806 BEAN SALAD

Recipe Source: HUSD

Recipe Group: VEGETABLES

Recipe HACCP Process: #1 No Cook

Alternate Recipe Name: COLD BEAN SALAD

Number of Portions: 15

Size of Portion: SERVINGS

902864 BEANS CANNED KIDNEY LOW-SODIUM.....	2 CUP	Drain the cans of beans, rinsing the beans well; mix all other ingredients thoroughly and pour over beans. This recipe is best if allowed to marinate for 24 hours. Stir occasionally before serving.
902626 BEANS BLACK TURTLE CANNED SOLIDS AND LIQUID.....	2 CUP	
902791 BEANS GARBANZO (CHICKPEAS) CND LOW-SODIUM.....	2 CUP	
902847 PEPPERS SWT RED RAW.....	1/2 CUP, chopped	
902863 ONIONS FRESH_CHOPPED.....	1 CUP, chopped	
902824 OIL OLIVE.....	1/2 CUP	
002053 VINEGAR,DISTILLED.....	1/2 CUP	
902878 SUGAR,GRANULATED.....	1/8 CUP	
902826 PEPPER BLACK.....	1 TSP, ground	

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	180 kcal	Cholesterol	0.00 mg	Sugars	*0.00* g	Calcium	37.92 mg	41.52%	Calories from Total Fat
Total Fat	8.32 g	Sodium	197.95 mg	Protein	6.16 g	Iron	1.48 mg	5.55%	Calories from Saturated Fat
Saturated Fat	1.11 g	Carbohydrates	20.91 g	Vitamin A	165.63 IU	Water ¹	*21.69* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.73 g	Vitamin C	8.62 mg	Ash ¹	*0.07* g	46.35%	Calories from Carbohydrates
								13.65%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	1/2 cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.	0%				? - Soy
Fat Change.....	0%				? - Wheat

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Type of Fat.....

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902864	BEANS CANNED KIDNEY LOW-SODIUM			
I	902626	BEANS BLACK TURTLE CANNED SOLIDS AND			
I	902791	BEANS GARBANZO (CHICKPEAS) CND LOW-S			
I	902847	PEPPERS SWT RED RAW			
I	902863	ONIONS FRESH CHOPPED			
I	902824	OIL OLIVE			
I	002053	VINEGAR,DISTILLED			
I	902878	SUGAR,GRANULATED			
I	902826	PEPPER BLACK			

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