Idaho Child Nutrition Programs

Recipe: 000015 Bean and Broccoli Salad K-12
Recipe Source: Chef Brenda
Recipe Group: SALADS

Recipe HACCP Process:

Alternate Recipe Name:
Number of Portions: 100
Size of Portion: 1/2 Cup

011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R.... 050545 BEANS, CANNED, PINTO, WHOLE, LOW-SODIUM.....	1 LB 1 1/2 #10 Can	Prepare Ingredients: Slice green onions. Drain and rinse beans. Place beans in the cooler to chill.
902383 Reduced Calorie Mayonnaise..... 050540 SALSA, LOW-SODIUM, CANNED..... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A..... 799902 CUMIN,GROUND..... 002009 CHILI POWDER..... 002020 GARLIC POWDER..... 002029 PARSLEY,DRIED..... 002047 SALT,TABLE..... 002030 PEPPER,BLACK..... 002031 PEPPER,RED FLAKES.....	4 CUP 1 CUP 1/2 CUP 1/4 CUP 1 1/2 TBSP 1 1/2 TBSP 1/2 CUP 1 TBSP 1 TBSP 1/2 TBSP	Prepare Sauce: In a mixer, add mayonnaise, salsa, milk, cumin, chili powder, garlic powder, parsley, salt, pepper, and red pepper flakes. Mix with whip attachment until all ingredients are well incorporated. Scrape sides of bowl halfway through mixing.
011090 BROCCOLI,RAW..... 011124 CARROTS,RAW.....	3 1/2 LB, florets 2 1/2 LB, shredded	Prepare Dish: Toss broccoli florets, pinto beans, shredded carrots, sliced green onions, and sauce in a large bowl. Mix well. Serve chilled.

*Nutrients are based upon 1 Portion Size (1/2 Cup)

Calories	87	kcal	Cholesterol	6.46	mg	Protein	3.07	g	Calcium	40.76	mg	39.15%	Calories from Total Fat
Total Fat	3.77	g	Sodium	205.16	mg	Vitamin A	356.83	RE	Iron	1.17	mg	7.78%	Calories from Saturated Fat
Saturated Fat	0.75	g	Carbohydrates	10.74	g	Vitamin A	2116.83	IU	Water¹	*29.42*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	3.12	g	Vitamin C	16.40	mg	Ash¹	*0.53*	g	49.58%	Calories from Carbohydrates
												14.18%	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

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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Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz					? - Milk
Grain.....	oz					? - Egg
Fruit.....	cup					? - Peanut
Vegetable.....	0.500 cup					? - Tree Nut
Milk.....	cup					? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011291	ONIONS,SPRING OR SCALLIONS (INCL TOPS			
I	050545	BEANS, CANNED, PINTO, WHOLE, LOW-SODI			
I	902383	Reduced Calorie Mayonnaise			
I	050540	SALSA, LOW-SODIUM, CANNED			
I	001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A			
I	799902	CUMIN,GROUND			
I	002009	CHILI POWDER			
I	002020	GARLIC POWDER			
I	002029	PARSLEY,DRIED			
I	002047	SALT,TABLE			
I	002030	PEPPER,BLACK			
I	002031	PEPPER,RED FLAKES			
I	011090	BROCCOLI,RAW			
I	011124	CARROTS,RAW			

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