

Idaho State Department of Education

Recipe: 900051 Fiesta Beanalicious Salad K-12

Recipe Source:
Recipe Group: ENTREES

Recipe HACCP Process:

Alternate Recipe Name:
Number of Portions: 100
Size of Portion: 3/4 cup

902447 USDA Corn, Frozen, Whole Kernel, 30# 100348..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R.... 902450 Cilantro, Fresh..... 902446 USDA Black Beans #100359..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 011112 CABBAGE,RED,RAW.....	4 1/2 LB 1/2 LB 4 CUP 3 5/8 # 10 Can 13 1/4 LB 2 LB	<p><u>Prepare Ingredients:</u> Thaw frozen corn. Chop green onions and cilantro. Drain and rinse black beans. Dice tomatoes and cabbage.</p>
011124 CARROTS,RAW.....	2 1/2 LB, shredded	<p><u>Mix Vegetables:</u> In a large bowl combine corn, green onions, black beans, carrots, tomatoes, and cabbage. Mix thoroughly and chill in refrigerator.</p>
001179 SOUR CREAM,LIGHT..... 009160 LIME JUICE,RAW..... 902449 Chipotle Chile Pepper, dried, ground.....	2 QT 1 CUP 1/2 TSP	<p><u>Prepare Sauce and Mix with Vegetables</u> In a second bowl combine sour cream, lime juice, chipotle chili pepper seasoning and cilantro. Mix thoroughly and add to vegetables.</p> <p><u>Serving Directions:</u> Serve chilled.</p>

*Nutrients are based upon 1 Portion Size (3/4 cup)

Calories	89 kcal	Cholesterol	0.00 mg	Protein	5.11 g	Calcium	*24.64* mg	5.30%	Calories from Total Fat
Total Fat	0.53 g	Sodium	77.42 mg	Vitamin A	*47.09* RE	Iron	*1.28* mg	1.20%	Calories from Saturated Fat
Saturated Fat	0.12 g	Carbohydrates	17.68 g	Vitamin A	*663.48* IU	Water ¹	*68.65* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	5.24 g	Vitamin C	*15.04* mg	Ash ¹	*0.38* g	79.13%	Calories from Carbohydrates
								22.88%	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				? - Allergen 1
Grain.....	oz				? - Allergen 2
Fruit.....	cup				? - Allergen 3
Vegetable.....	0.75 cup				? - Allergen 4
Milk.....	cup				? - Allergen 5
Moisture & Fat Change					? - Allergen 6
Moisture Change.	0%				? - Allergen 7
Fat Change.....	0%				? - Allergen 8
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	902447	USDA Corn, Frozen, Whole Kernel, 30# 100348			
I	011291	ONIONS, SPRING OR SCALLIONS (INCL TOPS			
I	902450	Cilantro, Fresh			
I	902446	USDA Black Beans #100359			
I	011529	TOMATOES, RED, RIPE, RAW, YEAR RND AVER			
I	011112	CABBAGE, RED, RAW			
I	011124	CARROTS, RAW			
I	001179	SOUR CREAM, LIGHT			
I	009160	LIME JUICE, RAW			
I	902449	Chipotle Chile Pepper, dried, ground			

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