



Recipe Production

Recipe Number: FS007

Recipe Name: BLACK BEAN AND CORN SALAD

Hot: No

Recipe Source: Boulder Valley School District

HACCP Process Category:

No Cook

Serving Description: Serving = 1/2 cup or 2.8 oz wt

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1/2 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2505	CORN FROZEN 12/2.5 LB	9	Pound	1 1/2	Ounce	(Unassigned)
2574	ONION RED 25 LB	1	Pound	6	Ounce	(Unassigned)
2579	PEPPER RED 25 LB	3	Pound	15	Ounce	(Unassigned)
2600	CILANTRO 6 CT	14	Ounce			(Unassigned)
2500	BEANS BLACK 6/10	17	Pound	3 1/4	Ounce	(Unassigned)
1011	SALT KOSHER 12/3 LB	1	TBSP			(Unassigned)
2004	LIME JUICE 6/32 OZ	1	Pint			(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	1/2	Cup			(Unassigned)
1030	VINEGAR WHITE WINE 4/1 GAL	1	Cup			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Recipe source: Boulder Valley School District Food Services
 Red onions yield 88%
 Red bell peppers yield 80%
 Canned black beans yield 56%

Preparation Instructions

Defrost corn.
 Drain black beans.
 Dice onions and peppers.
 Chop cilantro.
 Mix together corn, beans, onion, peppers, cilantro.
 In separate bowl whisk together vinegar, lime juice, olive oil, salt, and pepper.
 Combine all ingredients.

Serving Instructions



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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	11,492.4219	55.1729	114.9242		
Saturated Fat	g	19.6634	0.0944	0.1966	1.54	
Sodium	mg	28,045.8263	134.6426	280.4583		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	140.4972	0.6745	1.4050	11.00	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	2,272.8887	10.9117	22.7289	79.11	
Total Dietary Fiber	g	373.3539	1.7924	3.7335		
Protein	g	397.1416	1.9066	3.9714	13.82	
Vitamin A (RE)	RE	9,785.5839	46.9787	97.8558		
Vitamin A (IU)	IU	52,953.1178	254.2177	529.5312		
Vitamin C	mg	3,851.6857	18.4912	38.5169		
Calcium	mg	7,839.2237	37.6346	78.3922		
Iron	mg	121.5004	0.5833	1.2150		
Moisture	g	14,237.9187	68.3535	142.3792		*
Ash	g	122.8335	0.5897	1.2283		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
2505	CORN FROZEN 12/2.5 LB	1.00	(Unassigned)	9	0.10	LB	/
2574	ONION RED 25 LB	1.00	(Unassigned)	1	0.38	LB	/
2579	PEPPER RED 25 LB	1.00	(Unassigned)	3	0.94	LB	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	5	0.00	BUNCH	/
2500	BEANS BLACK 6/10	1.00	(Unassigned)	2	0.48	CAN (111 OZ)	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
2004	LIME JUICE 6/32 OZ	1.00	(Unassigned)	10	0.58	CONT (32 FL OZ)	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.01	CONTAINER (10 L)	/
1030	VINEGAR WHITE WINE 4/1 GAL	1.00	(Unassigned)	0	0.06	GAL	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

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