

John Stalker Institute

000200 - Black Bean & Corn Salad

Recipe HACCP Process: #1 No Cook

Source:
 Number of Portions: 50
 Size of Portion: 1/4 cup

Meat/Alt: 0 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 0.25 Cup
 Milk: 0 Cup

050536 CORN, CANNED, WHOLE KERNEL (LIQUID PACK), LOW...	6 CUP	1. Cook corn as according to package directions. Drain and rinse the canned black beans, and mix with corn.
902365 BEANS, BLACK TURTLE, CANNED, SOLIDS AND LIQUI.....	6 CUP	
902410 TOMATOES, CANNED, DICED.....	1 CUP	2. Add diced tomatoes, olive oil, cayenne pepper, black pepper, and salt. Mix well and taste for seasoning.
004053 OIL, OLIVE, SALAD OR COOKING.....	1/2 CUP	
002031 PEPPER, RED OR CAYENNE.....	1/2 TSP	
002030 PEPPER, BLACK.....	1/2 TSP, ground	
002047 SALT, TABLE.....	1 TSP	
		3. Chill and serve cold as a side salad. Taste again for seasoning before serving. CCP: Hold for cold service at 41° F or lower.

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

Calories	62 kcal	Cholesterol	0.00 mg	Protein	2.30 g	Calcium	12.82 mg	35.36%	Calories from Total Fat
Total Fat	2.44 g	Sodium	200.25 mg	Vitamin A	10.15 RE	Iron	0.76 mg	5.12%	Calories from Sat Fat
Saturated Fat	0.35 g	Carbohydrate	8.65 g	Vitamin A	54.52 IU	Water ¹	*0.00* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	2.43 g	Vitamin C	2.94 mg	Ash ¹	*0.12* g	55.64%	Calories from Carbohydrates
								14.77%	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.