



Recipe Production

Recipe Number: HK2272

Recipe Name: Chickpea Ragda

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Same Day

Serving Description: 1/4 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1/4 cup				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
1311	OIL OLIVE CANOLA BLEND 10 L	7 1/2	Tbsp			(Unassigned)
9538	ONION YELLOW JMB 50 LB	22 1/4	Cup, finely diced 1/			(Unassigned)
9613	GARAM MASALA	1 3/4	Cup			(Unassigned)
1046	SPICE CUMIN BULK 10 LB	7	Tbsp	1 1/2	tsp	(Unassigned)
9605	CORIANDER	7	Tbsp	1 1/2	tsp	(Unassigned)
2501	BEANS GARBANZO 6/10	24	Pound	12	Ounce	(Unassigned)
TAP	WATER	5	Gal.	2	Quart	(Unassigned)
1011	SALT KOSHER 12/3 LB	3	Tbsp	2 1/4	tsp	(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Sourced via partnership with the CIA Healthy Kids Collaborative

Preparation Instructions

- 1) Over medium heat, warm the oil and add onions.
- 2) Stir fry until the onions are translucent.
- 3) Add all the spices and cook for 2 - 3 minutes.
- 4) Add chickpeas, and salt. Mix to combine well.
- 5) Add hot water and boil the mixture for 20 minutes, stirring constantly until chickpeas soften slightly and mixture reduces to a chili consistency.

Serving Instructions

CCP - Minimum internal temperature should be 140 degrees F. or above.



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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	18,447.9036	52.2739	184.4790		
Saturated Fat	g	29.8913	0.0847	0.2989	1.46	
Sodium	mg	62,571.1358	177.3013	625.7114		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	308.1597	0.8732	3.0816	15.03	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	3,398.9676	9.6313	33.9897	73.70	
Total Dietary Fiber	g	740.4373	2.0981	7.4044		
Protein	g	786.7389	2.2293	7.8674	17.06	
Vitamin A (RE)	RE	4,672.0498	13.2387	46.7205		*
Vitamin A (IU)	IU	46,883.8236	132.8498	468.8382		
Vitamin C	mg	4,869.8550	13.7992	48.6986		
Calcium	mg	14,608.8238	41.3955	146.0882		
Iron	mg	507.5177	1.4381	5.0752		
Moisture	g	30,997.7534	87.8351	309.9775		*
Ash	g	387.1406	1.0970	3.8714		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.01	CONTAINER (/
9538	ONION YELLOW JMB 50 LB	1.00	(Unassigned)	5	0.64	LB	/
9613	GARAM MASALA	1.00	(Unassigned)	0	0.93		/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.10	LB	/
9605	CORIANDER	1.00	(Unassigned)	0	0.48	OZ	/
2501	BEANS GARBANZO 6/10	1.00	(Unassigned)	3	0.57	CAN (111 OZ)	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.05	BOX (3 LB)	/

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