

**000122 - Chickpea Salad**

**Recipe HACCP Process: #1 No Cook**

Source: Cambridge PS  
 Number of Portions: 50  
 Size of Portion: 1/2 cup

Meat/Alt: 0 oz  
 Grains: 0 oz  
 Fruit: 0 Cup  
 Vegetable: 0.5 Cup  
 Milk: 0 Cup

902367 BEANS, GARBANZO (CHICKPEAS), CANNED, WITH SAL... 25 CUP 050536 CORN, CANNED, WHOLE KERNEL (LIQUID PACK), LOW... 12 CUP 011291 ONIONS, SPRING OR SCALLIONS (INCL TOPS&BULB),R... 2 CUP, chopped 011297 PARSLEY, RAW..... 1 CUP, chopped 011821 PEPPERS, SWEET, RED, RAW..... 3 large, 2-1/4 per LB	1. Drain and rinse garbanzo beans (3 - #10 cans) and corn (1 - #10 can). Wash and dice red bell peppers. Mix together beans, corn, chopped scallions, parsley, and diced red pepper in a large bowl.
050383 OIL, VEGETABLE..... 3/4 CUP 902415 Vinegar, Red Wine..... 1 CUP 011215 GARLIC, RAW..... 1 TBSP 002047 SALT, TABLE..... 1 TBSP 002030 PEPPER, BLACK..... 1 TSP, ground	2. Mince 1 Tablespoon on fresh garlic, or use 2 Tablespoons of jarred chopped garlic. In a separate bowl from the main ingredients of the salad, mix the dressing - vegetable oil (can sub olive oil), red wine vinegar, garlic, salt, and pepper.
	3. Pour the dressing over the garbanzo bean + corn mixture, and toss well to coat all ingredients evenly. Chill and hold for cold service.  CCP: Hold for cold service at 41° F or lower.

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

Calories	210 kcal	Cholesterol	0.00 mg	Protein	7.19 g	Calcium	45.95 mg	21.81%	Calories from Total Fat
Total Fat	5.08 g	Sodium	569.43 mg	Vitamin A	76.03 RE	Iron	2.17 mg	3.06%	Calories from Sat Fat
Saturated Fat	0.71 g	Carbohydrate	35.53 g	Vitamin A	510.01 IU	Water <sup>1</sup>	*13.83* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	6.44 g	Vitamin C	22.95 mg	Ash <sup>1</sup>	*0.47* g	67.80%	Calories from Carbohydrates
								13.73%	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

<sup>1</sup> - 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.