



Recipe Production

Recipe Number: FS017

Recipe Name: CORN SALAD

Hot: No

Recipe Source: Boulder Valley School District

HACCP Process Category:

No Cook

Serving Description: Serving is 1/2 cup or 3 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	19	Pound	8	Ounce	(Unassigned)
2539	PEPPERS POBLANO 10 LB	5	Pound			(Unassigned)
2574	ONION RED 25 LB	2	Pound			(Unassigned)
2579	PEPPER RED 25 LB	3	Pound			(Unassigned)
2600	CILANTRO 6 CT	8	Ounce			(Unassigned)
2004	LIME JUICE 6/32 OZ	1	Cup			(Unassigned)
1011	SALT KOSHER 12/3 LB	7	Gram			(Unassigned)
9605	CORIANDER	1	Tbsp			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Recipe Source: Boulder Valley School District Food Services
 Onions yield: 88%
 Red peppers yield: 80%

Preparation Instructions

1. Defrost corn
2. Small dice all vegetables
3. Mix all ingredients
4. Taste for seasoning

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	10,022.4807	55.5700	100.2248		
Saturated Fat	g	9.5950	0.0532	0.0960	0.86	
Sodium	mg	5,004.3507	27.7468	50.0435		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	68.1031	0.3776	0.6810	6.12	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	2,344.5246	12.9993	23.4452	93.57	
Total Dietary Fiber	g	317.3214	1.7594	3.1732		
Protein	g	313.4618	1.7380	3.1346	12.51	
Vitamin A (RE)	RE	10,995.6732	60.9659	109.9567		
Vitamin A (IU)	IU	60,976.5960	338.0869	609.7660		
Vitamin C	mg	3,763.6336	20.8676	37.6363		
Calcium	mg	5,276.6548	29.2566	52.7665		
Iron	mg	130.1642	0.7217	1.3016		
Moisture	g	6,157.7386	34.1418	61.5774		*
Ash	g	38.5785	0.2139	0.3858		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
2505	CORN FROZEN 12/2.5 LB	1.00	(Unassigned)	19	0.50	LB	/
2539	PEPPERS POBLANO 10 LB	1.00	(Unassigned)	5	0.00	LB	/
2574	ONION RED 25 LB	1.00	(Unassigned)	2	0.00	LB	/
2579	PEPPER RED 25 LB	1.00	(Unassigned)	3	0.00	LB	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	2	0.86	BUNCH	/
2004	LIME JUICE 6/32 OZ	1.00	(Unassigned)	5	0.29	CONT (32 FL OZ)	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
9605	CORIANDER	1.00	(Unassigned)	0	0.06	OZ	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

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