



## Recipe Production

**Recipe Number:** HK2208

**Recipe Name:** Greek-ish Empanada Filling

**Hot:** Yes

**Recipe Source:** Cook Book

**HACCP Process Category:**

Complex

**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     |
|--------------|-----------------------------|----------|------------------|----------|-----------|--------------|
| 2565         | EGGPLANT                    | 11       | Pound            | 5 3/4    | Ounce     | (Unassigned) |
| 9538         | ONION YELLOW JMB 50 LB      | 15 1/8   | Pound, 1/4" dice |          |           | (Unassigned) |
| 2579         | PEPPER RED 25 LB            | 9        | Pound, chopped   | 1 1/2    | Ounce     | (Unassigned) |
| 2501         | BEANS GARBANZO 6/10         | 19       | Pound            | 11 1/4   | Ounce     | (Unassigned) |
| 1311         | OIL OLIVE CANOLA BLEND 10 L | 6 1/8    | Cup              |          |           | (Unassigned) |
| 1049         | SPICE OREGANO BULK 5 LB     | 6        | Tbsp             | 1/3      | 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

- 1) Preheat oven to 400 degrees F.
- 2) Dice eggplant, onions and bell peppers 1/2 inch. dice.
- 3) Spread on to baking sheet along with the drained garbanzo beans in a single layer.
- 4) Toss with 1 cup oil and oregano.
- 5) Bake for around 10 - 15min until the eggplant is tender and starting to brown. CCP - Minimum internal temperature should be 140 degrees F. or above.

**Preparation Instructions**

- 6) Remove from oven and set aside to cool slightly.
- 7) Transfer mixture into processor along with second listed oil and pulse to roughly chop, but still leave chunky.
- 8) CCP - Cool quickly (per HACCP) to internal temperature of 40 degrees F. or below for use.

2hr Cool: Chill cooked hot food from 140 °F < = 70.00 °F within 2 hr

**Serving Instructions**



## Recipe Production

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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 | 28,092.3982           | 101.9208                     | 280.9240                   |               |               |
| Saturated Fat       | g    | 199.8866              | 0.7252                       | 1.9989                     | 6.40          |               |
| Sodium              | mg   | 27,345.0283           | 99.2093                      | 273.4503                   |               |               |
| Total Trans         | g    | 0.0000                | 0.0000                       | 0.0000                     |               | *             |
| Total Fat           | g    | 1,457.3093            | 5.2872                       | 14.5731                    | 46.69         |               |
| Cholesterol         | mg   | 0.0000                | 0.0000                       | 0.0000                     |               |               |
| Carbohydrate        | g    | 3,318.4712            | 12.0396                      | 33.1847                    | 47.25         |               |
| Total Dietary Fiber | g    | 806.7130              | 2.9268                       | 8.0671                     |               |               |
| Protein             | g    | 625.7070              | 2.2701                       | 6.2571                     | 8.91          |               |
| Vitamin A (RE)      | RE   | 26,711.9620           | 96.9125                      | 267.1196                   |               |               |
| Vitamin A (IU)      | IU   | 146,209.4764          | 530.4562                     | 1,462.0948                 |               |               |
| Vitamin C           | mg   | 6,814.8613            | 24.7247                      | 68.1486                    |               |               |
| Calcium             | mg   | 5,924.7152            | 21.4952                      | 59.2472                    |               |               |
| Iron                | mg   | 188.0346              | 0.6822                       | 1.8803                     |               |               |
| Moisture            | g    | 21,931.5786           | 79.5690                      | 219.3158                   |               |               |
| Ash                 | g    | 230.4264              | 0.8360                       | 2.3043                     |               |               |

| Stock Number | Description                 | Units per |              | Cases | Broken Units | Broken Unit Description | Actual Used |
|--------------|-----------------------------|-----------|--------------|-------|--------------|-------------------------|-------------|
|              |                             | Case      | Location     |       |              |                         |             |
| 2565         | EGGPLANT                    | 1.00      | (Unassigned) | 11    | 0.37         | LB                      | /           |
| 9538         | ONION YELLOW JMB 50 LB      | 1.00      | (Unassigned) | 16    | 0.69         | LB                      | /           |
| 2579         | PEPPER RED 25 LB            | 1.00      | (Unassigned) | 10    | 0.01         | LB                      | /           |
| 2501         | BEANS GARBANZO 6/10         | 1.00      | (Unassigned) | 2     | 0.84         | CAN (111 OZ)            | /           |
| 1311         | OIL OLIVE CANOLA BLEND 10 L | 1.00      | (Unassigned) | 0     | 0.14         | CONTAINER (             | /           |
| 1049         | SPICE OREGANO BULK 5 LB     | 1.00      | (Unassigned) | 0     | 0.07         | LB                      | /           |

**REPORT CRITERIA:**

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: