



Recipe Production

Recipe Number: FS027

Recipe Name: GUACAMOLE GREEN PEA

Hot: No

Recipe Source: Project Bread

HACCP Process Category:

No Cook

Serving Description: 1/2 CUP or 3.75 ounces

| Projected Yield | | Actual Yield | | Leftovers | Disposition |
|-----------------|--------------|--------------|--------------|-----------|-------------|
| Quantity | Serving Size | Quantity | Serving Size | | |
| 96 | 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 |
|--------------|--------------------------------|----------|-----------|----------|-----------|--------------|
| 9031 | PEAS COMM FRZ 30 LB | 15 | Pound | 10 | Ounce | (Unassigned) |
| 2570 | GARLIC WHOLE PEELED 5 LB | 2 | Ounce | | | (Unassigned) |
| 1011 | SALT KOSHER 12/3 LB | 4 | TBSP | | | (Unassigned) |
| 1105 | SPICE PEPPER BLK TBL ORG 80 OZ | 1 | Tbsp | 1 | tsp | (Unassigned) |
| 1046 | SPICE CUMIN BULK 10 LB | 1 | Tbsp | 2 | tsp | (Unassigned) |
| 2574 | ONION RED 25 LB | 2 | Pound | | | (Unassigned) |
| 2549 | TOMATO 5X5 CS 20 LB | 8 | Pound | | | (Unassigned) |
| 2008 | JUICE LEMON FRESH 16/32 OZ | 1 | Cup | | | (Unassigned) |
| 1311 | OIL OLIVE CANOLA BLEND 10 L | 2 1/2 | Cup | | | (Unassigned) |

Cooking Instructions

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

Pre-Preparation Instructions

Recipe source: Project Bread "Let's Cook Healthy School Meals" Cookbook
 Onions yield: 88%
 Tomatoes yield: 87%

Preparation Instructions

Defrost peas.
 Dice tomatoes and onion.
 Mince garlic.
 Puree peas, garlic, liquids and seasonings with burr mixer.
 Fold in tomatoes and onions.

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 | 11,264.1943 | 94.2498 | 117.3354 | | |
| Saturated Fat | g | 80.8155 | 0.6762 | 0.8418 | 6.46 | |
| Sodium | mg | 26,489.9635 | 221.6469 | 275.9371 | | |
| Total Trans | g | 0.0000 | 0.0000 | 0.0000 | | * |
| Total Fat | g | 578.3653 | 4.8393 | 6.0246 | 46.21 | |
| Cholesterol | mg | 0.0000 | 0.0000 | 0.0000 | | |
| Carbohydrate | g | 1,192.5610 | 9.9784 | 12.4225 | 42.35 | |
| Total Dietary Fiber | g | 374.9521 | 3.1373 | 3.9058 | | |
| Protein | g | 412.9456 | 3.4552 | 4.3015 | 14.66 | |
| Vitamin A (RE) | RE | 7,146.2352 | 59.7940 | 74.4400 | | |
| Vitamin A (IU) | IU | 172,339.0853 | 1,441.9961 | 1,795.1988 | | |
| Vitamin C | mg | 1,760.4688 | 14.7302 | 18.3382 | | |
| Calcium | mg | 2,314.9074 | 19.3693 | 24.1136 | | |
| Iron | mg | 132.2186 | 1.1063 | 1.3773 | | |
| Moisture | g | 9,398.4574 | 78.6388 | 97.9006 | | * |
| Ash | g | 123.7809 | 1.0357 | 1.2894 | | * |

| Stock Number | Description | Units per | | | Broken Units | Broken Unit Description | Actual Used |
|--------------|-----------------------------|-----------|--------------|-------|--------------------|-------------------------|-------------|
| | | Case | Location | Cases | | | |
| 9031 | PEAS COMM FRZ 30 LB | 1.00 | (Unassigned) | 15 | 0.62 LB | / | |
| 2570 | GARLIC WHOLE PEELED 5 LB | 1.00 | (Unassigned) | 0 | 0.12 LB | / | |
| 1011 | SALT KOSHER 12/3 LB | 1.00 | (Unassigned) | 0 | 0.04 BOX (3 LB) | / | |
| 1105 | SPICE PEPPER BLK TBL ORG 80 | 1.00 | (Unassigned) | 0 | 0.30 OZ | / | |
| 1046 | SPICE CUMIN BULK 10 LB | 1.00 | (Unassigned) | 0 | 0.02 LB | / | |
| 2574 | ONION RED 25 LB | 1.00 | (Unassigned) | 2 | 0.00 LB | / | |
| 2549 | TOMATO 5X5 CS 20 LB | 1.00 | (Unassigned) | 8 | 0.00 LB | / | |
| 2008 | JUICE LEMON FRESH 16/32 OZ | 1.00 | (Unassigned) | 0 | 0.25 CONT (32 FL (| / | |
| 1311 | OIL OLIVE CANOLA BLEND 10 L | 1.00 | (Unassigned) | 0 | 0.06 CONTAINER (| / | |

REPORT CRITERIA:

Sections Filter(s):

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