



Recipe Production

Recipe Number: SA900

Recipe Name: LENTIL SALAD

Hot: No

Recipe Source: Boulder Valley School District

HACCP Process Category:

Complex

Serving Description: 1/2 CUP

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
20	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
3554	LENTILS GREEN 20 LB	1	Pound			(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	3 2/3	Tbsp			(Unassigned)
2579	PEPPER RED 25 LB	5	Ounce	21 1/4	Gram	(Unassigned)
2500	BEANS BLACK 6/10	1	Pound	6	Ounce	(Unassigned)
2600	CILANTRO 6 CT	21 1/4	Gram			(Unassigned)
1011	SALT KOSHER 12/3 LB	1/2	tsp			(Unassigned)
1031	VINEGAR RED WINE 1 GAL	6	Tbsp	1 3/4	tsp	(Unassigned)
1017	SPICE CHILI POW 20OZ	7 1/8	Gram			(Unassigned)
1205	HONEY 6/5 LB	1	Tbsp		tsp	(Unassigned)
2574	ONION RED 25 LB	4	Ounce	4 1/2	Gram	(Unassigned)
2004	LIME JUICE 6/32 OZ	14 1/8	Gram			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Yields:
 Red pepper: 80%
 Drained black beans: 56%
 Onions: 88%

Preparation Instructions

1. Boil or steam lentils until al dente. Cool.
2. Drain black beans.
3. Small dice the red pepper and red onion.
4. Chop cilantro.
5. Whisk all liquid ingredients with spices and honey to create dressing.
6. Mix together all ingredients.

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	2,607.8072	209.3585	130.3904		
Saturated Fat	g	7.8922	0.6336	0.3946	2.72	
Sodium	mg	3,504.2460	281.3259	175.2123		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	56.4414	4.5312	2.8221	19.48	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	378.8983	30.4185	18.9449	58.12	
Total Dietary Fiber	g	163.9682	13.1636	8.1984		
Protein	g	139.1019	11.1673	6.9551	21.34	
Vitamin A (RE)	RE	1,009.0253	81.0060	50.4513		
Vitamin A (IU)	IU	6,363.5597	510.8757	318.1780		
Vitamin C	mg	201.5360	16.1796	10.0768		
Calcium	mg	605.2495	48.5903	30.2625		
Iron	mg	39.1124	3.1400	1.9556		
Moisture	g	543.7646	43.6542	27.1882		*
Ash	g	23.3927	1.8780	1.1696		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
3554	LENTILS GREEN 20 LB	1.00	(Unassigned)	1	0.00 LB	/	
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.01 CONTAINER (/	
2579	PEPPER RED 25 LB	1.00	(Unassigned)	0	0.36 LB	/	
2500	BEANS BLACK 6/10	1.00	(Unassigned)	0	0.20 CAN (111 OZ)	/	
2600	CILANTRO 6 CT	1.00	(Unassigned)	0	0.27 BUNCH	/	
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.00 BOX (3 LB)	/	
1031	VINEGAR RED WINE 1 GAL	1.00	(Unassigned)	0	0.03 GAL	/	
1017	SPICE CHILI POW 20OZ	1.00	(Unassigned)	0	0.25 OZ	/	
1205	HONEY 6/5 LB	1.00	(Unassigned)	0	0.01 JUG (5 LB)	/	
2574	ONION RED 25 LB	1.00	(Unassigned)	0	0.26 LB	/	
2004	LIME JUICE 6/32 OZ	1.00	(Unassigned)	0	0.02 CONT (32 FL (/	

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: