

John Stalker Institute

000244 - Mediterranean Wrap

Recipe HACCP Process: #1 No Cook

Source:
Number of Portions: 50
Size of Portion: 1 wrap

Meat/Alt: 2 oz
Grains: 2 oz
Fruit: 0 Cup
Vegetable: 0.75 Cup
Milk: 0 Cup

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| 902367 BEANS, GARBANZO (CHICKPEAS), CANNED, WITH SAL... 15 CUP 902417 Tahini (Sesame Seed Paste)..... 6 OZ 011215 GARLIC,RAW..... 4 cloves 009152 LEMON JUICE,RAW..... 1/4 CUP 004053 OIL,OLIVE,SALAD OR COOKING..... 2/3 CUP 002047 SALT,TABLE..... 2 TSP | 1. Rinse and drain garbanzo beans. If using dried garbanzos, soak for at least 8 hours, then boil until soft, rinse, and drain. 2. Using a food processor or blender, working in batches, puree garbanzos with all other ingredients. The finished product should be smooth, and approximately the consistency of creamy peanut butter. Add warm water if necessary to achieve this texture. |
| 011251 LETTUCE,COS OR ROMAINE,RAW..... 8 LB 011821 PEPPERS,SWEET,RED,RAW..... 6 large,2-1/4 per LB | 3. Wash and dry romaine lettuce. Shred. 4. Seed and thinly slice red bell peppers. |
| 004053 OIL,OLIVE,SALAD OR COOKING..... 1 CUP 902415 Vinegar, Red Wine..... 1 CUP 002047 SALT,TABLE..... 1 TSP 002030 PEPPER,BLACK..... 1/2 TSP, ground 901071 OREGANO LEAVES,DRIED..... 1 TSP, leaves | 5. Prepare the dressing: mix olive oil, red wine vinegar, salt, black pepper, and oregano with a whisk and set aside. |
| 001019 CHEESE,FETA..... 3 1/2 LB 009193 OLIVES,RIPE,CND (SMALL-EXTRA LRG)..... 3 1/2 CUP 050523 TORTILLA, WHOLE GRAIN, FROZEN..... 50 tortilla (8 inch) | 6. Toss the Mediterranean salad: combine shredded romaine, crumbled feta cheese, sliced black olives, an dsliced red bell peppers in a large bowl. Immediately before preparing the wraps, add prpared dressing and toss to evenly coat all ingredients. 7. Prepare the wraps: Lay out whole grain tortillas on a clean sanitary surface. Add 1/4 cup hummus to each tortilla, then add 1/2 cup of salad mixture to each and wrap tightly. Cut on the bias, wrap tightly with saran wrap, and serve immediately. CCP: Hold for cold service at 41° F or lower. |
| NOTE: Other types of vinegar can be substituted for the red wine vinegar in the dressing. | |

*Nutrients are based upon 1 Portion Size (1 wrap)

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|------------------------|----------|---------------|------------|-----------|------------|--------------------|------------|---------|-----------------------------|
| Calories | 404 kcal | Cholesterol | 28.26 mg | Protein | 13.95 g | Calcium | 327.84 mg | 45.36% | Calories from Total Fat |
| Total Fat | 20.38 g | Sodium | 1131.04 mg | Vitamin A | 348.92 RE | Iron | 3.64 mg | 14.96% | Calories from Sat Fat |
| Saturated Fat | 6.72 g | Carbohydrate | 42.64 g | Vitamin A | 7128.35 IU | Water ¹ | *113.14* g | *0.00%* | Calories from Trans Fat |
| Trans Fat ¹ | *0.00* g | Dietary Fiber | 8.67 g | Vitamin C | 31.46 mg | Ash ¹ | *2.75* g | 42.18% | Calories from Carbohydrates |
| | | | | | | | | 13.80% | 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

¹ - 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.