



## Recipe Production

**Recipe Number:** SI513

**Recipe Name:** SIDE BLACK BEANS

**Hot:** Yes

**Recipe Source:** Boulder Valley School District

**HACCP Process Category:**

Complex

**Serving Description:** 2 OZ

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	2 OZ				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2004	LIME JUICE 6/32 OZ	4	Ounce	21 1/2	Gram	(Unassigned)
1010	SALSA MEDIUM RED 4/1 GAL	10	Ounce	27	Gram	(Unassigned)
1046	SPICE CUMIN BULK 10 LB	2 1/8	tsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	1	Tbsp	1/2	tsp	(Unassigned)
2500	BEANS BLACK 6/10	25	Pound			(Unassigned)

**Cooking Instructions**

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

**Pre-Preparation Instructions**

Black beans yield 56%

**Preparation Instructions**

Drain black beans. Mix all ingredients with beans and place in hotel pan

**Serving Instructions**

Serving size = 2oz per person



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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	4,070.9355	79.8349	40.7094		
Saturated Fat	g	0.1632	0.0032	0.0016	0.04	
Sodium	mg	31,644.0305	620.5694	316.4403		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	1.2748	0.0250	0.0127	0.28	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	744.3598	14.5976	7.4436	73.14	
Total Dietary Fiber	g	250.0440	4.9036	2.5004		
Protein	g	253.3942	4.9693	2.5339	24.90	
Vitamin A (RE)	RE	195.8192	3.8402	1.9582		
Vitamin A (IU)	IU	1,007.5087	19.7582	10.0751		
Vitamin C	mg	59.8798	1.1743	0.5988		
Calcium	mg	1,750.3999	34.3270	17.5040		
Iron	mg	40.5131	0.7945	0.4051		
Moisture	g	3,657.5440	71.7279	36.5754		*
Ash	g	109.9233	2.1557	1.0992		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
2004	LIME JUICE 6/32 OZ	1.00	(Unassigned)	0	0.15	CONT (32 FL OZ)	/
1010	SALSA MEDIUM RED 4/1 GAL	1.00	(Unassigned)	0	0.08	GAL	/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.01	LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.02	BOX (3 LB)	/
2500	BEANS BLACK 6/10	1.00	(Unassigned)	3	0.60	CAN (111 OZ)	/

**REPORT CRITERIA:**

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: