



Recipe Production

Recipe Number: SA023

Recipe Name: SOUTH WEST QUINOA SALAD BULK

Hot: No

Recipe Source: Boulder Valley School District

HACCP Process Category:

Complex

Serving Description: 6 LB

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
1	6 LB				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3552	QUINOA 25 LB	10	Ounce			(Unassigned)
2500	BEANS BLACK 6/10	1	Pound	9	Ounce	(Unassigned)
2579	PEPPER RED 25 LB	12	Ounce			(Unassigned)
2600	CILANTRO 6 CT	4	Ounce			(Unassigned)
1011	SALT KOSHER 12/3 LB	1	tsp			(Unassigned)
9041	CORN COMM FRZ 6/5 LB	8	Ounce			(Unassigned)
1031	VINEGAR RED WINE 1 GAL	10	Tbsp	3/4	tsp	(Unassigned)
1306	OIL EVO ITAL 6/1 GAL	4	Tbsp	2	tsp	(Unassigned)
1046	SPICE CUMIN BULK 10 LB	1	tsp			(Unassigned)
1017	SPICE CHILI POW 20OZ	1	1 TBSP	1/8	1 TSP	(Unassigned)
1024	SPICE PEPPER RED CRSHD	1	tsp			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Black beans yield 56%
Red peppers yield 80%

Preparation Instructions

1. Cook quinoa - follow instructons on the package.
2. Drain and rinse black beans.
3. Dice red peppers, cilantro and mix with corn.
4. Once quinoa is cooled, mix all ingredients together and send in fish tubs to sites.

Serving Instructions

1.5 lb = 1/2 fish tub
3 lb = full fish tub



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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	2,430.1416	168.5433	2,430.1416		
Saturated Fat	g	9.2552	0.6419	9.2552	3.43	
Sodium	mg	5,271.3459	365.5960	5,271.3459		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	80.4956	5.5828	80.4956	29.81	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	338.5968	23.4835	338.5968	55.73	
Total Dietary Fiber	g	54.8033	3.8009	54.8033		
Protein	g	65.8046	4.5639	65.8046	10.83	
Vitamin A (RE)	RE	1,939.0922	134.4864	1,939.0922		
Vitamin A (IU)	IU	11,718.9603	812.7725	11,718.9603		
Vitamin C	mg	367.2248	25.4690	367.2248		
Calcium	mg	559.0788	38.7751	559.0788		
Iron	mg	8.0152	0.5559	8.0152		
Moisture	g	724.8007	50.2688	724.8007		*
Ash	g	16.7226	1.1598	16.7226		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3552	QUINOA 25 LB	1.00	(Unassigned)	0	0.62	LB	/
2500	BEANS BLACK 6/10	1.00	(Unassigned)	0	0.23	CAN (111 OZ)	/
2579	PEPPER RED 25 LB	1.00	(Unassigned)	0	0.75	LB	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	1	0.43	BUNCH	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.00	BOX (3 LB)	/
9041	CORN COMM FRZ 6/5 LB	1.00	(Unassigned)	0	0.50	LB	/
1031	VINEGAR RED WINE 1 GAL	1.00	(Unassigned)	0	0.04	GAL	/
1306	OIL EVO ITAL 6/1 GAL	1.00	(Unassigned)	0	0.02	GAL	/
1046	SPICE CUMIN BULK 10 LB	1.00	(Unassigned)	0	0.00	LB	/
1017	SPICE CHILI POW 20OZ	1.00	(Unassigned)	0	0.28	OZ	/
1024	SPICE PEPPER RED CRSHD	1.00	(Unassigned)	0	0.07	OZ	/

REPORT CRITERIA:

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