



Recipe Production

Recipe Number: FS113

Recipe Name: SIDE SALAD PK

Hot: No

Recipe Source: Boulder Valley School District

HACCP Process Category:

No Cook

Serving Description: 1/2 cup combined vegs

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	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
2534	LETTUCE ROMAINE 24 CT	3	Pound	3 1/4	Ounce	(Unassigned)
2560	CARROT LOOSE 25 LB	3	Pound	4	Ounce	(Unassigned)
2549	TOMATO 5X5 CS 20 LB	6	Pound	9 1/2	Ounce	(Unassigned)
2501	BEANS GARBANZO 6/10	7	Pound	14	Ounce	(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Drained garbanzo beans yield 65%
 Shredded carrots yield 83%
 Trimmed romaine lettuce yields 64%
 Diced tomatoes yield 87%

Preparation Instructions

Wash and dry all vegetables.
 Drain garbanzo beans.
 Shred carrots.
 Dice tomatoes
 Trim romaine lettuce

Serving Instructions

Each PK salad: 1/4 cup romaine lettuce, 1/8 cup shredded carrots, 1/8 cup diced tomatoes, 1/8 cup garbanzo beans.



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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	3,870.5330	55.6253	38.7053		
Saturated Fat	g	4.3350	0.0623	0.0434	1.01	
Sodium	mg	7,987.5541	114.7930	79.8755		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	37.1639	0.5341	0.3716	8.64	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	770.2893	11.0702	7.7029	79.61	
Total Dietary Fiber	g	185.7707	2.6698	1.8577		
Protein	g	159.6217	2.2940	1.5962	16.50	
Vitamin A (RE)	RE	38,452.0504	552.6130	384.5205		
Vitamin A (IU)	IU	307,964.8084	4,425.9111	3,079.6481		
Vitamin C	mg	698.6892	10.0412	6.9869		
Calcium	mg	1,702.1068	24.4618	17.0211		
Iron	mg	50.7394	0.7292	0.5074		
Moisture	g	5,924.2945	85.1409	59.2429		
Ash	g	67.0703	0.9639	0.6707		

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
2534	LETTUCE ROMAINE 24 CT	1.00	(Unassigned)	2	0.32	HEAD	/
2560	CARROT LOOSE 25 LB	1.00	(Unassigned)	3	0.25	LB	/
2549	TOMATO 5X5 CS 20 LB	1.00	(Unassigned)	6	0.60	LB	/
2501	BEANS GARBANZO 6/10	1.00	(Unassigned)	1	0.14	CAN (111 OZ)	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: