



Recipe Production

Recipe Number: SA010

Recipe Name: TABOULI SALAD 1.5 QT BULK

Hot: No

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description: 1.5 QUART

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
1	1.5 QUART				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3508	BULGUR 25 LB	1	Cup			(Unassigned)
TAP	WATER	1	Pint			(Unassigned)
2547	TOMATO CHERRY 12/PT	6	Ounce			(Unassigned)
2564	CUCUMBER 45 LB	6	Ounce			(Unassigned)
2599	PARSLEY FRESH 6 CT	1	Cup			(Unassigned)
1022	SPICE PEPPER BLK 18OZ	1/4	tsp			(Unassigned)
1309	OIL VEGETABLE 6/1 GAL	5	Tbsp	1	tsp	(Unassigned)
2008	JUICE LEMON FRESH 16/32 OZ	2	Ounce	4 1/2	Gram	(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Place bulgur in hotel pan and add water. Cover and steam for 10 minutes. Chill.
 Chop cucumbers.
 Chop parsley.
 Slice cherry tomatoes in half.

Preparation Instructions

Toss cold, cooked bulgur with vegetables and remaining ingredients.
 Transfer to hotel pans. Cover, label, date.
 Keep cold per HACCP until transported.

Serving Instructions

Keep salad cold until use on salad bar.
 One recipe batch of 12/.5 cup servings yields 1.5 quarts, or approximately 2/3 of a salad bar 1/4 pan.
 Transfer tabouli salad to salad bar 1/4 pan and place on salad bar.
 140 GRAMS DRY BULGAR/ 28 GRAMS = 5 OZ GRAINS PER 1.5 QT



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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	1,201.8822	104.6403	1,201.8822		
Saturated Fat	g	7.8701	0.6852	7.8701	5.89	
Sodium	mg	216.4358	18.8437	216.4358		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	75.6423	6.5857	75.6423	56.64	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	122.0761	10.6284	122.0761	40.63	
Total Dietary Fiber	g	32.5015	2.8297	32.5015		
Protein	g	21.7163	1.8907	21.7163	7.23	
Vitamin A (RE)	RE	439.6804	38.2802	439.6804		
Vitamin A (IU)	IU	7,249.2824	631.1493	7,249.2824		
Vitamin C	mg	107.8877	9.3931	107.8877		
Calcium	mg	233.7989	20.3554	233.7989		
Iron	mg	8.1366	0.7084	8.1366		
Moisture	g	861.8782	75.0383	861.8782		*
Ash	g	6.0565	0.5273	6.0565		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3508	BULGUR 25 LB	1.00	(Unassigned)	0	0.31	LB	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
2547	TOMATO CHERRY 12/PT	1.00	(Unassigned)	0	0.47	PINT	/
2564	CUCUMBER 45 LB	1.00	(Unassigned)	0	0.38	LB	/
2599	PARSLEY FRESH 6 CT	1.00	(Unassigned)	1	0.06	BUNCH	/
1022	SPICE PEPPER BLK 18OZ	1.00	(Unassigned)	0	0.02	OZ	/
1309	OIL VEGETABLE 6/1 GAL	1.00	(Unassigned)	0	0.02	GAL	/
2008	JUICE LEMON FRESH 16/32 OZ	1.00	(Unassigned)	0	0.06	CONT (32 FL (/

REPORT CRITERIA:

Sections Filter(s):

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