

The Culinary Institute of America

Recipe: 000048 HFHK Tunisian Tabil

Recipe Source: Ron DeSantis
 Recipe Group: MISCELLANEOUS

Recipe HACCP Process: #1 No Cook

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: .25tsp

002013 CORIANDER SEED.....	3 1/2 TBSP	Lightly toast coriander seed and caraway seed in a dry saute pan over medium heat. Grind spices in a food processor or coffee grinder, then stir in the garlic powder, cayenne pepper, and curry powder.
002005 CARAWAY SEED.....	3 1/2 TSP	
002020 GARLIC POWDER.....	1 TSP	
002031 PEPPER,RED OR CAYENNE...	1 TSP	
002015 CURRY POWDER.....	1 TSP	

*Nutrients are based upon 1 Portion Size (.25tsp)

Calories	2 kcal	Cholesterol	0.00 mg	Protein	0.09 g	Calcium	3.86 mg	43.25%	Calories from Total Fat
Total Fat	0.10 g	Sodium	0.22 mg	Vitamin A	1.57 RE	Iron	0.10 mg	2.97%	Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	0.36 g	Vitamin A	15.68 IU	Water ¹	0.06 g	*N/A*	Calories from Trans Fat
Trans Fat ¹	*N/A* g	Dietary Fiber	0.24 g	Vitamin C	0.14 mg	Ash ¹	0.04 g	71.44%	Calories from Carbohydrates
								18.65%	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

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz			N - Milk	
Grain..... oz			N - Egg	
Fruit..... cup			N - Peanut	
Vegetable..... cup			N - Tree Nut	
Milk..... cup			N - Fish	
Moisture & Fat Change			N - Shellfish	
Moisture Change. 0%			N - Soy	
Fat Change..... 0%			N - Wheat	
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	002013	CORIANDER SEED			

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.

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I	002005	CARAWAY SEED			
I	002020	GARLIC POWDER			
I	002031	PEPPER,RED OR CAYENNE			
I	002015	CURRY POWDER			

Notes

Production Notes:
Our guest chefs' original recipes have been scaled up but not all have been tested for volume production.

Serving Notes:

Purchasing Guide:

Miscellaneous Notes:
Presented by Chef Ron DeSantis at the 2013 Healthy Flavors, Healthy Kids National Leadership Summit.

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