



Sizing Prep Report

American Dairy Association North East

990094 - 3 Bean Salad ~ BBQ

Recipe HACCP Process: #1 No Cook

Source: DSB

Number of Portions: 50

Portion Size: 1/3 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
			<p>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</p> <p>Rinse and drain all three types of beans.</p>
120459	6/10 Garbanzo Beans	6 LB + 4 oz	<p>In a large bowl combine all the ingredients and seasonings.</p> <p>For meal service portion with a #8 Scoop or 4 oz spoodle.</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p>
051529	Beans, Black (Turtle), Low-sodium, Canned	6 LB + 4 oz	
016146	BEANS,PINTO,CND,DRND SOL	6 LB + 4 oz	
001308	YOGURT,GREEK,WHL,PLN,CHOBANI	7 LB + 8 oz	
009160	LIME JUICE,RAW	2 1/2 CUP	
002030	PEPPER,BLACK	1/3 cup + 4 tsp (ground)	
002026	ONION POWDER	1/3 cup + 4 TSP	
002017	DILL WEED,DRIED	1/3 cup + 4 TSP	
799968	CILANTRO	1/2 cup + 2 tbsp	
121802	Heinz Low Sodium BBQ sauce	3 LB + 12 OZ	

*Nutrients are based upon 1 Portion Size (1/3 CUP)

Calories ¹	289.872 kcal	Total Fat	3.801 g	Total Dietary Fiber	10.931 g	Vitamin C	6.385 mg	11.800% Calories from Total Fat
Saturated Fat ¹	1.793 g	Trans Fat ²	*0.121* g	Protein	16.278 g	Iron	3.256 mg	5.568% Calories from Sat Fat
Sodium ¹	379.228 mg	Cholesterol	10.211 mg	Vitamin A	*272.036* IU	Water	*108.207* g	*0.375%* Calories from Trans Fat
Sugars	*10.938* g	Carbohydrate	48.219 g	Calcium	183.704 mg	Ash	*N/A* g	66.538% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			22.462% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	.25 cup	Milk	cup
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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 required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® 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.