



Sizing Prep Report

American Dairy Association North East

· 990044 - Black Bean & Corn Fiesta Salad

Recipe HACCP Process: #1 No Cook

Source: DSB

Number of Portions: 50

Portion Size: 1/2 CUP

Ingredient #	Ingredient Name	Measurements	Instructions
019335	SUGARS,GRANULATED	3/4 CUP + 1 tbsp	<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>Prepare and measure all ingredients. Combine and chill.</p> <p>Note: 5 quarts of beans drained and 4 cups of corn.</p> <p>Serve with 4 oz spoodle.</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p>
002030	PEPPER,BLACK	3/8 tsp (whole)	
004582	VEGETABLE OIL,CANOLA	1/3 CUP + 4 TSP	
002048	VINEGAR,CIDER	1/2 CUP + 2 TBSP	
051529	Beans, Black (Turtle), Low-sodium, Canned	8 LB + 6 oz	
011333	PEPPERS,SWEET,GREEN,RAW	1 CUP + 1/2 tbsp (chopped)	
011821	PEPPERS,SWEET,RED,RAW	1 CUP + 1/2 tbsp (chopped)	
122253	12/2.5 Frozen Cut Corn	1 LB + 10 2/3 oz	
011215	GARLIC,RAW	1 5/8 TSP	

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories ¹	113.432 kcal	Total Fat	1.964 g	Total Dietary Fiber	5.486 g	Vitamin C	*6.489* mg	15.582% Calories from Total Fat
Saturated Fat ¹	0.142 g	Trans Fat ²	*0.007* g	Protein	4.961 g	Iron	1.801 mg	1.123% Calories from Sat Fat
Sodium ¹	88.614 mg	Cholesterol	0.000 mg	Vitamin A	*108.818* IU	Water	*8.631* g	*0.059%* Calories from Trans Fat
Sugars	3.896 g	Carbohydrate	19.449 g	Calcium	26.245 mg	Ash	*N/A* g	68.582% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			17.494% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	.5 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.