

Fresno Unified School District

Recipe: 001937 Pinto Bean Salad

Recipe HACCP Process: #1 No Cook

Recipe Source:
Recipe Group: ENTREES

Alternate Recipe Name:
Number of Portions: 10
Size of Portion: 1 cup

900132 Beans, Pinto Canned.....	32 OZ
900354 TOMATOES,FRESH,RED RIPE...	30 each
903099 cilantro, fresh.....	24 GRAM
902937 Bell Pepper, Red Raw.....	328 GRAM
903100 juice, lemon.....	75 GRAM
903101 juice, lime.....	75 GRAM
002047 SALT, TABLE.....	1 TSP
903102 olive oil.....	54 GRAM
903103 garlic, raw.....	3 GRAM
903104 pepper, black, spices.....	7 GRAM

*Nutrients are based upon 1 Portion Size (1 cup)

Calories	246 kcal	Cholesterol	0.00 mg	Protein	10.03 g	Calcium	85.27 mg	27.83%	Calories from Total Fat
Total Fat	7.60 g	Sodium	378.02 mg	Vitamin A	1291.61 RE	Iron	3.18 mg	3.95%	Calories from Saturated Fat
Saturated Fa	1.08 g	Carbohydrate	39.36 g	Vitamin A	7622.40 IU	Water ¹	*365.00* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	10.07 g	Vitamin C	119.36 mg	Ash ¹	*2.17* g	64.03%	Calories from Carbohydrates
								16.32%	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

<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	oz.				? - Milk
Grain.....	srv.				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	0.5 cup				? - Tree Nut
Milk.....	fl. oz.				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change	0%				? - Soy
Fat Change.....	0%				? - Wheat

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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Type of Fat.....			
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Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	900132	Beans, Pinto Canned			
I	900354	TOMATOES,FRESH,RED RIPE			
I	903099	cilantro, fresh			
I	902937	Bell Pepper, Red Raw			
I	903100	juice, lemon			
I	903101	juice, lime			
I	002047	SALT, TABLE			
I	903102	olive oil			
I	903103	garlic, raw			
I	903104	pepper, black, spices			

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