

Garbanzo Bean Salad, 1/2 cup

GENERAL INFORMATION

Recipe # 1449253 Category Beans/Peas Source Local

Copied From
Garbanzo Bean Salad, 1/4 cup

INGREDIENTS

Name	Quantity	+	Quantity 2
Garbanzo Beans, Low Sodium, 6/111oz, Bush's Best Beans, 01701	4 #10 Can		
Lime juice, Bottled, 1gal, Real Lime, 10090963	1 pt., 1/2 c.		
Oil, Canola, 6/1gal, Catania, 46.2#, 10952	1 pt.		
Tomatoes, red, ripe, raw, year round average	2 qt., 1 pt. chopped or sliced		
Coriander (cilantro) leaves, raw	1 qt., 1 pt.		
Salt, table	1 tbsp., 1 tsp.		
Spices, cumin seed	1 1/2 tsp. ground		
Spices, pepper, black	1 tbsp., 1 tsp. ground		
Onions, Red, Raw	1 pt., 1 c. chopped, raw to prepared		

PREPARATION INSTRUCTIONS

HACCP Process: #2 - Same Day Service

Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove frozen product from freezer using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

[insert storage & handling instructions from ingredient file]. Place product in a single layer on a clean pan.

Preheat oven: [insert oven type & oven temp from ingredient file]

Place in oven and bake [insert heating instructions from ingredient file]

CCP: Heat to 165° F or higher for at least 15 seconds

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.



Garbanzo Bean Salad

Serving Size 1/2 cup
Yield 100

Nutrition Facts

Serving Size 1/2 cup (158 gm)	
Amount Per Serving	
Calories	169.165
% Daily Value*	
Total Fat 6.472 gm	9.958 %
Saturated Fat 0.328 gm	1.641 %
Trans Fat 0.000* gm	
Cholesterol 0.000 mg	
Sodium 230.108 mg	9.588 %
Total Carbohydrate 21.390 gm	7.13 %
Dietary Fiber 4.188 gm	16.752 %
Total Sugars 4.467 gm	
Includes 0.000* of Added Sugars	
Protein 7.002 gm	14.005 %
Vitamin A 215.810* iu	4.316 %
Vitamin C 2.922* mg	4.869 %
Vitamin D 0.000 mcg	
Calcium 43.747 mg	4.375 %
Iron 1.464 mg	8.135 %
Potassium 285.844 mg	6.082 %
Saturated Fat % of Calories	1.746 %

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components

Component	Measurement
Beans/Peas	0.375 cups
Other Vegetables	0.125 cups

MY SCHOOL MENUS

SHARING

IN USE AS A SUB RECIPE

MENUS USING THIS RECIPE

DATES

Last Updated
10-12-2023

Created
10-12-2023

Allergens

No Allergens

Attributes

Vegetarian