

LunchByte Systems, Inc. 800-724-9853

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Recipe Sizing Report

Jul 30, 2013

000015 - Quinoa and Black Bean Salad :	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1.5 cup	

Ingredients	Measures	Instructions
902428 quinoa..... 014429 WATER,MUNICIPAL.....	3 qts + 1/2 cup 37 1/2 cup 8 fl oz	Rinse the quinoa in cold water. Boil water in a saucepan, and then add the quinoa.
		Return to boil, and then simmer until the water is absorbed, 10 to 15 minutes.
902429 Olive Oil..... 009161 LIME JUC,CND OR BTLD,UNSWTND..... 799902 CUMIN,GROUND..... 902430 Corriander..... 902431 Cilantro..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BU....	2 1/3 cups 1 1/2 cups + 1 Tbsp 2 Tbsp + 1/4 TSP (whole) 2 Tbsp + 1/4 tsp 3 1/8 cups 50 medium (4-1/8" long)	Cool for 15 minutes. While quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and chopped scallions in a small bowl, and set aside.
		Combine chopped vegetables with the DRAINED black beans in a large bowl, and set aside.
050555 BEANS, CANNED, BLACK (TURTLE), LOW SODIU..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011333 PEPPERS,SWEET,GREEN,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW..... 902432 PEPPERS, Mild Chile, Raw..... 002030 PEPPER,BLACK..... 050343 CHEESE, CHEDDAR, YELLOW, REDUCED FAT, SH...	23 lbs + 7 ozs 3 gals + 2 CUPS (chopped or sliced) 25 medium (2-3/4" x 2-1/2") 25 medium (2-3/4" x 2-1/2") 50 pepper 25 dash 9 lbs + 6 ozs	Once quinoa has cooled, combine all ingredients including cheese and mix well. Cover and refrigerate until ready to serve.

*Nutrients are based upon 1 Portion Size (1.5 cup)

Calories	374	kcal	Cholesterol	24	mg	Protein	22.52	g	Calcium	458.30	mg	35.57%	Calories from Total Fat
Total Fat	14.77	g	Sodium	446	mg	Vitamin A	158.8	RE	Iron	3.74	mg	14.26%	Calories from Saturated Fat
Saturated Fat	5.92	g	Carbohydrates	39.68	g	Vitamin A	1426.6	IU	Water ¹	*246.44*	g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00*	g	Dietary Fiber	11.37	g	Vitamin C	73.1	mg	Ash ¹	*0.92*	g	42.49%	Calories from Carbohydrates
												24.11%	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

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.