

# WI Dept of Public Instruction

**Recipe: 003810 THREE BEAN SALAD**

Recipe HACCP Process: #1 No Cook

Recipe Source:  
Recipe Group: VEGETABLES

Alternate Recipe Name:  
Number of Portions: 75  
Size of Portion: 1/2 CUP

011056 BEANS,SNAP,GRN,CND,REG PK,DRND SOL..... 016029 BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,CND..... 903649 BEANS, GARBANZO (CHICKPEAS), CANNED, DRND.... 011282 ONIONS,RAW..... 011143 CELERY,RAW..... 002053 VINEGAR,DISTILLED..... 019335 SUGARS,GRANULATED..... 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED FAT... 002047 SALT,TABLE..... 002030 PEPPER,BLACK.....	13 CUP, solids 1 #10 Can, drained 1 # 10 CAN 2 CUP, chopped 2 CUP,chopped 2 CUP 2 CUP 1 1/2 CUP 1 TBSP 1 TBSP	<b>*NUTRIENT ANALYSIS MAY VARY DEPENDING ON ACTUAL PRODUCTS USED</b>
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\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	120 kcal	Cholesterol	0.00 mg	Protein	2.95 g	Calcium	26.89 mg	36.44%	Calories from Total Fat
Total Fat	4.84 g	Sodium	316.41 mg	Vitamin A	10.90 RE	Iron	0.91 mg	3.02%	Calories from Saturated Fat
Saturated Fat	0.40 g	Carbohydrates	16.49 g	Vitamin A	112.30 IU	Water <sup>1</sup>	*56.31* g	*0.85%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.11* g	Dietary Fiber	3.19 g	Vitamin C	2.84 mg	Ash <sup>1</sup>	*0.95* g	55.16%	Calories from Carbohydrates
								9.87%	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  
<sup>1</sup> - denotes optional nutrient values

Miscellaneous	Attributes	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz.				? - Milk
Grain/Bread..... srv.				? - Egg
F/V/J..... cup				? - Peanut
Milk..... fl. oz.				? - Tree Nut
				? - Fish
				? - Shellfish
				? - Soy
				? - Wheat
<b>Moisture &amp; Fat Change</b>				
Moisture Change.....	0%			
Fat Change.....	0%			
Type of Fat.....				

**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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**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011056	BEANS,SNAP,GRN,CND,REG PK,DRND SOL			
I	016029	BEANS,KIDNEY,ALL TYPES,MATURE SEEDS,			
I	903649	BEANS, GARBANZO (CHICKPEAS), CANNED,			
I	011282	ONIONS,RAW			
I	011143	CELERY,RAW			
I	002053	VINEGAR,DISTILLED			
I	019335	SUGARS,GRANULATED			
I	050382	OIL, VEGETABLE, SOYBEAN, LOW SATURATE			
I	002047	SALT,TABLE			
I	002030	PEPPER,BLACK			

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