

Recipe Prep Sheet

BLT Food and Nutrition LLC

990176 - Chili-Lime Black Bean and Peach Salad

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 100

Portion Size: 1

Ingredient #	Ingredient Name	Measurements	Instructions
051477	Peaches, Diced, Extra Light Syrup, Canned	100 oz	No Instructions Assigned
051529	Beans, Black (Turtle), Low-sodium, Canned	184 oz	
011282	ONIONS,RAW	17 oz	
011821	PEPPERS,SWEET,RED,RAW	42 oz	
990490	Chili Lime Seasoning (Tajin or other)	12 tbsp	

*Nutrients are based upon 1 Portion Size (1)

Calories ¹	65.900 kcal	Total Fat	0.041 g	Total Dietary Fiber	4.030 g	Vitamin C	*15.831* mg	0.553% Calories from Total Fat
Saturated Fat ¹	0.009 g	Trans Fat ²	0.000 g	Protein	*3.212* g	Iron	*1.235* mg	0.123% Calories from Sat Fat
Sodium ¹	329.045 mg	Cholesterol	0.000 mg	Vitamin A	*440.395* IU	Water	*15.274* g	0.000% Calories from Trans Fat
Sugars	3.627 g	Carbohydrate	13.008 g	Calcium	*19.328* mg	Ash	*N/A* g	78.957% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			*19.496%* Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup
		Vegetable	cup	Milk	cup

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.



USDA Foods in Schools

100220 - Peaches, Diced, Extra Light Syrup, Canned
Category: **Fruit**



Product Description

- This item is U.S. Grade B canned diced peaches packed in extra light syrup or fruit juice. This product is available in cases containing six #10 cans.

Crediting/Yield

- One case yields about 106 1/2-cup servings of drained, diced peaches.
- CN Crediting: 1/2 cup diced peaches credit as 1/2 cup fruit.

Culinary Tips and Recipes

- Peaches can be added to fruit salads, used as a topping for yogurt, or served as a side at breakfast, lunch or afterschool snack.
- Use diced peaches to make a peach sauce or glaze for chicken.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (124g) peaches, diced, extra light syrup, canned

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 10mg

Total Carbohydrate 14g

Dietary Fiber 0g

Sugars 13g

Protein 0g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.



USDA Foods in Schools

100359 - Beans, Black, Low-sodium, Canned
Category: **Legume Vegetable/Meat Alternate**



Product Description

- This item is Grade A canned, dried black turtle beans that are low-sodium. This product is available in cases with six #10 cans.

Crediting/Yield

- One case of black beans provides about 83 1/2-cup servings of heated, drained beans or 135 1/2-cup servings of unheated, drained beans.
- CN Crediting: 1/2 cup beans credit as 1/2 cup legume vegetable OR 2 oz equivalents meat/meat alternate.

Culinary Tips and Recipes

- Black beans can be cooked and used as a meat alternate in dishes such as burritos, tacos, or quesadillas.
- Black beans can also be seasoned and served as a side dish or used in cold salads with other vegetables such as corn and diced peppers.
- Drain and rinse canned beans before adding to recipes to reduce the sodium.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Process Approach to HACCP principles](#).

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Nutrition Facts

Serving size: 1/2 cup (125g) black beans, canned, low sodium

Amount Per Serving

Calories 100

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 18g

Dietary Fiber 6g

Sugars 2g

Protein 7g

Source: USDA Foods Vendor Labels

Allergen Information: Product is not permitted to contain any of the 8 major allergens designated by the FDA. Please refer to the allergen statement on the outside of the product package to verify that no allergens are listed.

Nutrient values in this section are from the USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.



Product Description

- This item is vegetable oil made from canola, corn, cottonseed, olive, safflower, soybean, sesame, sunflower, or any other vegetable oil or a combination of these oils. This blend may not include peanut oil. This product is available in cases containing six one-gallon bottles.

Crediting/Yield

- One case yields about 96 cups of oil.
- CN Crediting: This product is used as an ingredient and does not credit as a separate meal component.

Culinary Tips and Recipes

- Vegetable oil can be used for roasting vegetables, making salad dressings, or baking.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA’s Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

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Nutrition Facts

Serving size: 1 Tablespoon vegetable oil

Amount Per Serving

Calories 120

Total Fat 14g

Saturated Fat 2g

Trans Fat 0g

Cholesterol 0mg

Sodium 0mg

Total Carbohydrate 0g

Dietary Fiber 0g

Sugars 0g

Protein 0g

Source: [USDA FoodData Central](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer directly.

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