

Quest Food Management

Recipe Sizing Report

002118 - bean- italian garbanzo salad :	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 cup serving	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:	

Ingredients	Measures	Instructions
903333 bean garbanzo can gfs 118753.....	1 1/2 cups + 1 TBSP (drained)	drain garbanzo beans, drain black olives toss all ingredients- chill overnight.
011205 CUCUMBER,WITH PEEL,RAW.....	12 1/2 each (8-1/4")	
900023 Tomatoes red ripe raw year round average....	1 qt + 5/8 CUP (cherry toms)	
901328 ONIONS,RED,RAW.....	1 qt + 5/8 CUP (chopped)	
011215 GARLIC,RAW.....	1/4 cup + 2 1/8 tsp	
903179 olives black gfs 324532 greco 36016.....	5 lbs + 14 ozs	
902781 dressing italian kens fat free 188875.....	1 lb + 9 ozs	
103614 LEMON JUICE.....	3 1/8 ozs	
002047 SALT, TABLE.....	1 Tbsp + 1/8 tsp	
901359 PEPPER, BLACK, GROUND.....	1 Tbsp + 1/8 tsp	

*Nutrients are based upon 1 Portion Size (1/2 cup serving)

Calories	136 kcal	Cholesterol	0 mg	Protein	1.27 g	Calcium	21.25 mg	56.78%	Calories from Total Fat
Total Fat	8.61 g	Sodium	854 mg	Vitamin A	24.8 RE	Iron	0.36 mg	11.31%	Calories from Saturated Fat
Saturated Fat	1.71 g	Carbohydrates	7.77 g	Vitamin A	197.3 IU	Water ¹	*98.70* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	0.82 g	Vitamin C	5.3 mg	Ash ¹	*0.80* g	22.78%	Calories from Carbohydrates
								3.72%	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