

Corn and Black Bean Relish

NO IMAGE

| | | | |
|----------------------|----------|-----------------------|---------|
| Servings: | 40.00 | Category: | Entree |
| Serving Size: | 0.25 Cup | HACCP Process: | No Cook |
| Meal Type: | Lunch | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-------------------------------------|--------------|--|------------|
| CORN & BLK BEAN FLME RSTD 6-2.5 | 4 Cup | MICROWAVE Keep frozen until ready to use. For food safety and quality, follow these cooking instructions to ensure product reaches an internal temperature of 165°F. MICROWAVE: (1100W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 9 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. MICROWAVE: (2200W) Place 20 oz frozen blend in a microwave-safe dish. Cover. Microwave on HIGH for 5 minutes, stirring halfway through cook time. Let stand 2 minutes before serving. STOVE TOP: Heat 2 Tbsp oil in a large frying pan over medium-high heat. Add product and cover. Cook for 6 minutes, stirring as needed for even heating. STEAMER: Arrange product in a half-size steam table pan. Steam for 15 minutes. CONVECTION OVEN: Preheat oven to 375F. Spray foil covered 11x17 inch pan with non-stick cooking spray. Arrange one bag of frozen product evenly on pan, cover with foil. Bake for 10 min rotating tray after 5 min for even cooking. COMBI OVEN: Set hot air to 400F, set steam to 50% and fan to 100%. Spray foil covered 11x17 inch sheet pan with non-stick cooking spray. Arrange frozen product evenly on pan. Cover with foil. Bake on middle rack for 10 min, rotating tray after 5 min for even cooking. | 163760 |
| DRESSING ITAL REDC CAL 4-1GAL LTHSE | 1 Cup | | 365880 |
| SPICE CILANTRO 4Z TRDE | 1 Tablespoon | | 565903 |
| SPICE CUMIN GRND 15Z TRDE | 1 Tablespoon | | 273945 |

Preparation Instructions

Prepare Roasted Corn and Beans according to directions add other ingredients mix well.

Using the appropriate date marking procedure date mark and store in cooler until ready to use.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.03 |
| Starch | 0.03 |

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 0.25 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 40.00 | | |
| Fat | 1.40g | | |
| SaturatedFat | 0.10g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 110.00mg | | |
| Carbohydrates | 6.00g | | |
| Fiber | 1.40g | | |
| Sugar | 2.00g | | |
| Protein | 1.20g | | |
| Vitamin A | 129.67IU | Vitamin C | 2.58mg |
| Calcium | 2.87mg | Iron | 0.33mg |