

# Green Pea Guacamole



<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49610
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FZ	16 Pound		110510
TOMATO ROMA DCD 3/8IN	8 Pound		786543
ONION RED 25#	2 Pound		788882
GARLIC MINCED IN WTR	2 Ounce		874910
OIL OLIVE POMACE	1 Pint 1/2 Cup (2 1/2 Cup)		270819
LEMON JUICE 100	1 Cup		270989
SALT KOSHER COARSE	2 Fluid Ounce		153550
SPICE PEPR BLK 30 MESH REG GRIND	1 Tablespoon		225045
SPICE CUMIN GRND	1 Tablespoon		273945
CILANTRO CLEANED	3 Ounce		219550

## Preparation Instructions

1. Defrost peas.
2. Dice tomatoes and onion.
3. Mince garlic.

PREPARATION

1. Puree peas, garlic, liquids, and seasonings with burr mixer.
2. Fold in tomatoes and onions.

**SERVING**

Serving = 1/2 cup (3.75oz) makes 100 servings

**Meal Components (SLE)**

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.125
<b>OtherVeg</b>	0.125
<b>Legumes</b>	0.000
<b>Starch</b>	0.250

**Nutrition Facts**

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	110.68		
<b>Fat</b>	5.60g		
<b>SaturatedFat</b>	0.80g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	283.03mg		
<b>Carbohydrates</b>	11.26g		
<b>Fiber</b>	4.06g		
<b>Sugar</b>	4.48g		
<b>Protein</b>	4.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	3.85mg	<b>Iron</b>	0.20mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

**Nutrition - Per 100g**

No 100g Conversion Available