

Green Pea Guacamole



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49610
School:	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

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.125
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available