

Chickpea, Corn & Bean Salad

Servings:	50.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57887

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GARBANZO	10 Cup	about 5lbs Drain and rinse chickpeas	118753
CORN CUT IQF	16 Cup	about 8lbs Thaw corn if frozen and drain well.	285620
BEANS BLACK LO SOD	6 Cup	about 3lbs Drain and rinse black beans.	231981
PEPPERS ASST RNBW CHC	8 Cup	about 3lbs Dice peppers	266985
ONION RED	2 1/2 Cup	about 1lb red onions	761764
CILANTRO CLEANED	1 Cup	Chop cilantro	219550
Light Lime Vinaigrette	3 cups	Combine lime juice and sugar & salt in a bowl and whisk until dissolved. Slowly whisk in oil. Refrigerate until ready to use and whisk again before pouring over salad. Use about 3 cups dressing for the full 50-serving batch of Chickpea, corn & bean salad	R-57901

Preparation Instructions

In a large mixing bowl combine:

corn
chickpeas
black beans
peppers
onions
cilantro

Pour lime vinaigrette over mixture.

Toss gently until evenly coated.

Chill

Cover and refrigerate at least 2 hours before service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.500
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.320
Starchy	0.200

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	122.57
Fat	1.32g
Saturated Fat	0.21g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	153.72mg
Carbohydrates	22.72g
Fiber	4.04g
Total Sugar	3.93g
Added Sugar	0.01g
Protein	5.70g
Vitamin A 0.20mcg RAE	Vitamin C 0.72mg
Calcium 46.40mg	Iron 0.76mg

Nutrition - Per 100g

Calories	124.99
Fat	1.34g
Saturated Fat	0.22g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	156.76mg
Carbohydrates	23.17g
Fiber	4.12g
Total Sugar	4.01g
Added Sugar	0.01g
Protein	5.82g
Vitamin A 0.20mcg RAE	Vitamin C 0.74mg
Calcium 47.32mg	Iron 0.78mg