

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	115.37
Fat	1.32g
Saturated Fat	0.21g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	145.32mg
Carbohydrates	21.52g
Fiber	3.56g
Total Sugar	3.93g
Added Sugar	0.01g
Protein	5.22g
Vitamin A 0.20mcg RAE	Vitamin C 0.72mg
Calcium 42.32mg	Iron 0.66mg

Nutrition - Per 100g

Calories	117.65
Fat	1.34g
Saturated Fat	0.22g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	148.20mg
Carbohydrates	21.95g
Fiber	3.63g
Total Sugar	4.01g
Added Sugar	0.01g
Protein	5.33g
Vitamin A 0.20mcg RAE	Vitamin C 0.74mg
Calcium 43.16mg	Iron 0.67mg