

Sizing Prep Report

San Rafael City SD

990099 - Chick Pea and Potato Curry & Brown Rice H.S

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 100

Portion Size: container

Ingredient #	Ingredient Name	Measurements	Instructions
903344	TOMATO PASTE, LOW-SODIUM, CANNED	2 LB + 8 oz	<p>HACCP: Before handling food and/or equipment always wash hands for at least 30 seconds using hot water and soap.</p> <p>Cut potato into small cubes and set aside.</p> <p>Rinse well and drain Chickpeas,set aside.</p> <p>Combine water and spices in stock pot,heat on stove until it has reached a boil,reduce to a simmer.</p> <p>Add Chickpeas and Potatoes,continue to simmer until potatoes are tender.</p> <p>Cook Rice. In service container scoop 1cup cooked rice,and 2/3 cup curry, cover.</p> <p>Cook dish at 325 for 20-30 minutes until an internal temperature reaches 165. place in hot hold for service.</p> <p>□</p> <p>HACCP: Heat to 165° F or higher for at least 15 seconds.</p> <p>HACCP: Hold at 135° F or higher.</p>
011284	ONIONS,DEHYDRATED FLAKES	12 1/2 oz	
903234	TURMERIC,GROUND	2 1/2 oz	
903235	CHILI POWDER	2 1/2 oz	
002020	GARLIC POWDER	6 oz	
903148	Kasoori Methi: Indian Spice Peacock	1/2 oz	
903202	Garam Masala	2 1/2 oz	
903241	WATER,MUNICIPAL	6 LB + 4 oz	
903049	RICE, BROWN, LONG GRAIN,PARBOILED, DRY	200 Oz. Dry	
011354	POTATOES,WHITE,FLESH & SKN,RAW	1 1/2 gal + 1 CUP (diced)	
011165	CORIANDER (CILANTRO) LEAVES,RAW	1 CUP + 1/2 tbsp	
002047	SALT,TABLE	2 TBSP + 1/8 tsp	
051531	Beans, Garbanzo, Low-sodium, Canned	18 LB + 12 oz	

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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*Nutrients are based upon 1 Portion Size (container)

Calories ¹	196.761 kcal	Total Fat	2.308 g	Total Dietary Fiber	6.827 g	Vitamin C	6.500 mg	10.557% Calories from Total Fat
Saturated Fat ¹	0.047 g	Trans Fat ²	0.000 g	Protein	7.074 g	Iron	2.238 mg	0.216% Calories from Sat Fat
Sodium ¹	282.222 mg	Cholesterol	0.000 mg	Vitamin A	239.667 IU	Water	*59.484* g	0.000% Calories from Trans Fat
Total Sugars	5.417 g	Carbohydrate	37.938 g	Calcium	34.348 mg	Ash	*N/A* g	77.125% Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			14.381% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup
		Vegetable	cup	Milk	cup

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