Idaho Child Nutrition

Recipe: 000414 Whole Wheat Tabouleh
Recipe Source:
Recipe Group: SALADS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 3/4 CUP

014429 WATER,MUNICIPAL..... 002047 SALT,TABLE..... 020012 BULGUR,DRY..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 011206 CUCUMBER,PEELED,RAW..... 011297 PARSLEY,RAW..... 011282 ONIONS,RAW..... 002056 MINT LEAVES, FRESH.....	2 QT + 2 1/2 CUP 2 TBSP 3 LB + 6 OZ 4 LB + 14 OZ 2 LB + 8 OZ 3 OZ 12 OZ 1/4 CUP	1. Add salt to water and bring to a boil. 2. In a large bowl combine bulgur and boiling water. Let stand for 30 minutes or until water is absorbed. Do not drain. 3. Add tomatoes, cucumbers, parsley, onions, mint, and cumin (optional) to the bulgur.
009154 LEMON JUC,FRZ,UNSWTND,SINGLE STRENGTH..... 004318 OIL,VEG,TYPE B-COMMOD.....	1 1/3 CUP 1/2 CUP	4. Add lemon juice and vegetable oil to salad mixture and toss to combine all ingredients. Spread 5 lb13 oz (approximately 3 qt 2/3 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 3 pans. For 100 servings, use 6 pans. 5. **CCP: Cool to 41° F or lower within 4 hours.** Refrigerate until ready to serve. 6. Portion with 6 oz ladle (¾ cup).
		Food as Purchased **50 Servings** / **100 Servings** Tomatoes: 5 lb 10 oz / 11 lb 4 oz Cucumbers: 3 lb 2 oz / 6 lb 4 oz Parsley: 4 oz / 8 oz Mature onions: 14 oz / 1 lb 12 oz
		Special Tip For a tasty variation, add 2 cups of chopped black olives per 50 servings.
		Serving ¾ cup (6 oz ladle) provides ? cup of vegetable and ¾ serving of grains/breads.

Calories	140	Iron	1.06 mg	Protein	4.43 g	12.70%	Calories from Prot
Cholesterol	0 mg	Calcium	24.02 mg	Carbohydrates	26.68 g	76.44%	Calories from Carb

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Sodium	294	mg	Vitamin A	541	IU	Total Fat	2.75	g	17.74% Calories from T Fat
Dietary Fiber	6.47	g	Vitamin C	11.09	mg	Saturated Fat	0.40	g	2.58% Calories from S Fat
						Trans. Fat	0.00*	g	0.00% Calories from Trans. Fat

Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change.	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	014429	WATER,MUNICIPAL			
I	002047	SALT,TABLE			
I	020012	BULGUR,DRY			
I	011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVER			
I	011206	CUCUMBER,PEELED,RAW			
I	011297	PARSLEY,RAW			
I	011282	ONIONS,RAW			
I	002056	MINT LEAVES, FRESH			
I	009154	LEMON JUC,FRZ,UNSWTND,SINGLE STRENG			
I	004318	OIL,VEG,TYPE B-COMMOD			