Idaho Child Nutrition

Recipe: 000441 Whole Grain Bean Burrito - 1/2
Recipe Source: W. Grains Counc
Recipe Group: SALADS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 12
Size of Portion: Burritos

020012 BULGUR,DRY..... 000084 CHICKEN STOCK.....	1/4 CUP 1/2 CUP	Cook bulgur in broth for 12-15 minutes, until liquid is absorbed.
009152 LEMON JUICE,RAW..... 004044 OIL,SOYBN,SALAD OR COOKING..... 900132 Cilantro..... 011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BULB),R..... 011215 GARLIC,RAW..... 090016 CUMIN,GROUND.....	3 TBSP 1/8 CUP 1/8 CUP 1/8 CUP, chopped 1 TSP 1 TSP	While grain cooks, mix dressing ingredients in a large bowl.
900139 BEANS,BLACK,CND,DRND..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE..... 011179 CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,BLD,DRND,W... 900128 Tortilla, 8" whole wheat commodity..... 016103 REFRIED BEANS,CANNED (INCL USDA COMMODITY)..... 102550 CHEDDAR CHEESE.....	12 OZ 1 large whole (3" dia) 1 CUP 12 Tortilla 12 OZ 12 OZ	Add drained and rinsed beans, tomatoes, and corn to dressing. Add bulgur.
		Steam tortillas for 3 minutes to soften. Lay out tortillas. Spread 1 oz. of refried beans and 1 oz. of cheddar cheese on each tortilla. Add 1/3 c. bulgur salad (from Step C) to each burrito. Fold in sides of tortilla and roll burrito. Cut burritos in half.

Calories	353		Iron	2.61	mg	Protein	12.89	g	14.62% Calories from Prot
Cholesterol	17	mg	Calcium	246.02	mg	Carbohydrates	36.70	g	41.61% Calories from Carb
Sodium	776	mg	Vitamin A	340.6	IU	Total Fat	13.18	g	33.63% Calories from T Fat
Dietary Fiber	7.03	g	Vitamin A	47.7	RE	Saturated Fat	4.23	g	10.79% Calories from S Fat
			Vitamin C	8.54	mg	Trans. Fat	0.00*	g	% Calories from Trans. Fat

Note: * - asterisk denotes nutrients with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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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	020012	BULGUR,DRY			
I	000084	CHICKEN STOCK			
I	009152	LEMON JUICE,RAW			
I	004044	OIL,SOYBN,SALAD OR COOKING			
I	900132	Cilantro			
I	011291	ONIONS,SPRING OR SCALLIONS (INCL TOPS			
I	011215	GARLIC,RAW			
I	090016	CUMIN,GROUND			
I	900139	BEANS,BLACK,CND,DRND			
I	011529	TOMATOES,RED,RIPE,RAW,YEAR RND AVER			
I	011179	CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,BL			
I	900128	Tortilla, 8" whole wheat commodity			
I	016103	REFRIED BEANS,CANNED (INCL USDA COMM			
I	102550	CHEDDAR CHEESE			

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