



825050 - Carolina Caviar

Source: K12 Culinary

Number of Portions: 32

Size of Portion: 1/2 cup

Components:

Meat/Alt:
Grains:
Fruit:
Vegetable: 0.5 cup
Milk:

Recipe Subgroups:

Vegetable, Legumes
Vegetable, Other

Attributes:

HACCP Process: #3 Complex Food Preparation

| Ingredients | Measures | Instructions |
|---|--|---|
| 826824 BEANS, CANNED, BLACK-EYED PEA, LOW-SODIU..... 050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM... | 1 #10 can, drained 1 qt + 1 cup | Place canned black-eyed peas in refrigerator overnight to chill. Thaw corn overnight in refrigerator. Steam corn in a perforated pan. CCP: Cook until internal temperature reaches 135° F. CCP: Cool to 41° F within 4 hours or less. |
| 002048 VINEGAR,CIDER..... 900670 CUMIN,GROUND..... 002047 SALT,TABLE..... 002030 PEPPER,BLACK..... 826508 Olive Oil Blend 90/10, Colavita L116..... | 1/2 cup 1 Tbsp + 1 tsp 1 tsp 1 tsp 1 cup | While corn is cooling, prepare the dressing. Combine apple cider vinegar, cumin, salt, and pepper in a large bowl or container. Using a whisk, mix until combined. While continuously whisking, slowly add oil. |
| 011333 PEPPERS,SWT,GRN,RAW..... 011821 PEPPERS,SWT,RED,RAW..... 901049 ONIONS,RED,RAW..... 011165 CORIANDER (CILANTRO) LEAVES,RAW..... | 1 CUP (diced) 1 CUP (diced) 1 CUP (diced) 1/2 cup | Rinse onion, peppers, and cilantro under running water. Cut peppers and remove seed pod. Cut peppers into ¼ inch strips and then into small dices. Cut onions in half, then into small dices. Roll cilantro into a tight bundle and chop. |
| | | Drain and rinse chilled, canned black-eyed peas. Combine black-eyed peas, cooled corn, bell peppers, onion, and cilantro. Pour seasoned dressing over vegetables. Using a spatula, toss to coat. CCP: Cool to 41° F or lower within 4 hours. |
| | | Serve using a no. 8 disher or 4 oz spoodle. CCP: Hold and Serve at 41° F or lower. |

*Nutrients are based upon 1 Portion Size (1/2 cup)

| | | | | | | | | | |
|---------------|----------|---------------|---------|-----------|----------|--------------------|-----------|---------|-----------------------------|
| Calories | 131 kcal | Cholesterol | 0 mg | Sugars | *0.3* g | Calcium | 17.30 mg | 52.09% | Calories from Total Fat |
| Total Fat | 7.58 g | Sodium | 141 mg | Protein | 3.58 g | Iron | 0.92 mg | 4.25% | Calories from Saturated Fat |
| Saturated Fat | 0.62 g | Carbohydrates | 13.96 g | Vitamin A | 242.3 IU | Water ¹ | *16.88* g | *0.00%* | Calories from Trans Fat |

| | | | | | | | | | |
|--|----------|---------------|--------|-----------|---------|------------------|----------|--------|-----------------------------|
| Trans Fat ² | *0.00* g | Dietary Fiber | 2.86 g | Vitamin C | 12.6 mg | Ash ¹ | *0.28* g | 42.66% | Calories from Carbohydrates |
| | | | | | | | | 10.95% | Calories from Protein |
| <p>*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 optional nutrient values ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p> | | | | | | | | | |