



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</p> <p>* - denotes combined nutrient totals with either missing or incomplete nutrient data</p> <p>¹ - denotes optional nutrient values</p> <p>² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>									