000179 - Beans-Black Bean Veg. Wrap : Northarvest Gro	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: WRAPS Alternate Recipe Name: Black Bean Vegetable Wrap				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
016015 BEANS,BLACK,MATURE SEEDS,CKD,BLD,WO/SALT...	3 qts	1. Soak pinto beans overnight, drain and rinse. 2. Cover with water and boil until tender. 3. Drain and cool. **Make sure to purchase shredded cheese, carrots, lettuce, and cabbage.**
020041 RICE,BROWN,MEDIUM-GRAIN,CKD..... 116251 CHEESE, MILD CHEDDAR..... 011124 CARROTS,RAW..... 011252 LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),R..... 011112 CABBAGE,RED,RAW.....	3 qts 1 lb + 9 ozs 1 lb + 8 ozs 1 lb + 8 ozs 1 lb + 8 ozs	4. In a large bowl, combine cooled beans, rice, shredded cheese, shredded carrot, shredded lettuce, and shredded cabbage.
050269 Ranch Dressing..... 103931 SALSA,MEDIUM.....	1 1/2 cups 1 1/2 cups	5. Mix ranch dressing and salsa. Toss with vegetable mix.
900104 Tortilla, Whole Wheat Flour..... 900172 Tomatoes, 1 medium fresh.....	50 (1 Tortilla) 10 (1 Tomato, Medium)	6. Place 3/4 cup bean mixture in each tortilla. Top with tomato slice and roll. Secure with toothpick; slice in half. 7.**CCP:** Refrigerate and serve at 41° F. or colder.

Calories..... 293	Iron..... 2.57 mg	Protein..... 13.23 g	Protein..... 18.04%
Cholesterol.. 16 mg	Calcium....179.87 mg	Carbohydrates 48.97 g	Carbohydrates. 66.78%
Sodium..... 363 mg	Vitamin A.. 2838 IU	Total Fat.... 6.79 g	Total Fat..... 20.84%
Dietary Fiber 9.73 g	Vitamin C.. 13.9 mg	Saturated Fat 3.31 g	Saturated Fat. 10.15%
		Trans Fat.... 0.00* g	Trans Fat..... 0.00%

* - Denotes Missing Nutrient Values