

Italian Bean Salad

Side Dish

Source: School Nutrition Plus, Inc.

Portion Size ¾ cup

Ingredients

100 Portions

| | Measure |
|-------------------------------------|---------|
| Pinto Beans, canned, low-sodium | 12 lbs |
| Garbanzo Beans, canned, low-sodium | 12 lbs |
| Black Beans, canned, reduced sodium | 12 lbs |
| Garlic Powder | 2 ¾ oz |
| Onion Powder | 2 ¾ oz |
| Italian Dressing | 4 lbs |

Directions

- Refrigerate the canned beans overnight.
- Open, drain and rinse the beans.
- Place beans in a 600 hotel pan.
- Add spices and dressing, mix well.
- Refrigerate until temperature reaches 41° F or below.
- Hold for cold service at 41° F or lower.
- Refrigerate until served.

Components

Vegetable ¾ cup

Nutrients Per Serving

| | | | |
|------------------------------|------------------------------|---------------------------|----------------------|
| Calories 160.717 kcal | Carbohydrate 28.494 g | Sodium 503.159 mg | Water 0.081 g |
| Total Fat 0.849 g | Dietary Fiber 6.864 g | Iron 5.048 mg | Ash N/A |
| Saturated Fat 0.003 g | Sugars 3.854 g | Calcium 67.211 mg | |
| Cholesterol 0.000 mg | Protein 8.976 g | Vitamin C 1.172 mg | |

BEANS: Simply Delicious, Naturally Nutritious
Find more delicious bean recipes at BeanInstitute.com

