

Italian Garbanzo Bean Salad - CACFP

General Information

Recipe #	Category	Source
1898880	Vegetables 	Local

Ingredients

Name	Quantity	+	Quantity 2
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	3 lbs.		
Tomatoes, red, ripe, raw, year round average	3 lbs., 5 oz.		
Onions, Red, Diced, 3/8", Fresh, 2/5#, Cross Valley Farms, 536914	1 ¼ c. diced		
Peppers, jalapeno, raw	1 ⅓ pepper		
Basil, fresh	1 ¼ c. chopped		
Vegetable oil, palm kernel	1 ¼ tsp.		
Garlic, raw	⅓ c.		
Lime juice, raw	⅓ c.		

Preparation Instructions

HACCP Process: #1 - No Cook

- 1 Medium dice tomatoes and onions. Mince jalapeños, chiffonade basil, and add all ingredients into a large bowl.
2. Mix in oil, garlic, and lime juice. Mix until combined. Place mixture in the refrigerator and let sit for at least 30 minutes covered before serving.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

CCP: Ensure cold food is held at a temperature below 41° F.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41 degrees. In the event the temperature of the cold item rises above 41 degrees it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 degrees or below.



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Serving Size	Yield
1 Cup	25.00

Nutrition Facts

Serving Size 1 Cup (130 gm)		
Amount Per Serving		
Calories		94.042
		% Daily Value*
Total Fat	1.719 gm	2.645%
Saturated Fat	0.321 gm	1.605%
Trans Fat	0.000* gm	
Cholesterol	0.000 mg	
Sodium	118.879 mg	4.953%
Total Carbohydrate	16.248 gm	5.416%
Dietary Fiber	4.353 gm	17.414%
Total Sugars	4.111 gm	
Includes 0.000 gm of Added Sugars		
Protein	4.612 gm	9.224%
Vitamin A	31.851* mcg RAE	3.539%
Vitamin C	11.087* mg	18.479%
Vitamin D	0.000* mcg	
Calcium	36.988* mg	3.699%
Iron	0.798* mg	4.436%
Potassium	228.207 mg	4.855%
Saturated Fat % of Calories		3.071 %
Added Sugar % of Calories		0.000 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Red/Orange	0.25 cups

CCP: Record time and internal temperature of completed recipe on daily log.

Beans, Peas, and Lentils

0.25 cups

Dates

Last Updated

08-05-2025

Created

08-05-2025

Added Sugar Limitations ⓘ

Not applicable.

Vendors

US Foods 🇺🇸

Edit Recipe