MEALS on WHEELS SAN DIEGO COUNTY

Black Bean, Couscous, & Mango Salad with Salmon

Yield 6

Portion Size: 2/3 cup couscous mixture w/ 2 ounces salmon
1 ounce Balsamic Vinaigrette served on the side

AMT	UNIT	INGREDIENTS
4.6	oz	dry whole wheat couscous
0.07	oz	salt
12	oz	salmon
8	oz	black beans drained, rinsed
5	oz	mango, finely chopped
1.6	oz	coconut, shredded
0.08	oz	almonds, slivered
1	oz	Balsamic Vinaigrette

PROCEDURES

*****Special Instructions: Weigh all vegetables after washing, rinsing, and discarding waste.******

1. Prepare couscous according to package directions. Fluff with fork.
2. Add chopped mango, black beans, and coconut. Place in one compartment of tray.
3. Place slice of salmon in the other compartment of tray.
4. Serve Balsamic Vinaigrette on the side.

HACCP: Potentially hazardous food. Hot ingredient must be cooled to 70°F or less within 2 hours and then to 41°F within an additional 4 hours. Chill hot foods thoroughly before combining with other ingredients. Hold chilled food for service at an internal temperature of 41°F or below. Do not mix old product with new. Keep all leftover product chilled at 41°F or below.

Recipe Nutrition Yield: 6 (1.000 serving(s)

Ingredients

4.600 oz. Couscous, Dry
0.070 oz. Salt, Table
12.000 oz. Salmon, Atlantic, Wild, Raw
8.000 oz. Beans, Black, Boiled
5.000 oz. Mango
1.600 oz. Coconut Meat, Desiccated, Sweetened, Shredded
0.080 oz. Almonds, Slivered
12.000 T. MOW Balsamic Vinaigrette

Macronutrients			**Percentage of Kcals**		
Kilocalories	451.617	kcal			
Trans Fatty Acid		g	Protein	15.8%	
Sugar, Total		g	Carbohydrate	30.3%	
Protein	17.915	g	Fat, total	53.9%	
Carbohydrate	34.302	g	Alcohol	0.0%	
Fat, Total	27.156	g			
Alcohol	0.000	g			
Cholesterol	31.182	mg			
Saturated Fat	5.848	g			
Monounsaturated Fat	16.271	g			
Polyunsaturated Fat	3.808	g			
Trans Fatty Acid	0.000	g			
Dietary Fiber, Total	5.185	g			
Sugar, Total	7.929	g			
Vitamins & Minerals					
Sodium	176.270	mg	Phosphorus	217.625	mg
Potassium	520.403	mg	Magnesium	60.000	mg
Vitamin A (RE)	25.147	RE	Zinc	1.146	mg
Vitamin C	8.847	mg	Copper	0.332	mg
Calcium	28.942	mg	Manganese	0.583	mg
Iron	1.816	mg	Selenium	22.662	µg
Vitamin D (ug)	0.000	µg	Chromium	0.000	mg
Vitamin E (mg)	0.013	mg			
Thiamin	0.267	mg			
Riboflavin	0.270	mg			
Niacin	5.619	mg			
Pyridoxine (Vitamin B6)	0.571	mg			
Folate (Total)	85.811	µg			
Cobalamin (Vitamin B12)	1.803	µg			
Biotin	0.100	µg			
Pantothenic Acid	1.413	mg			
Vitamin K	13.421	µg			

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Black Bean Couscous and Mango Salad with Salmon

Ingredient	50 Servings	100 Servings	150 Serv	200 Servings
4.600 oz. Couscous, Dry	2.396 pound(s)	4.792 pound(s)	7.188 po	9.583 pound(s)
0.070 oz. Salt, Table	0.583 ounce(s)	1.167 ounce(s)	1.750 ou	2.333 ounce(s)
12.000 oz. Salmon, Atlantic, Wild, Raw	6.250 pound(s)	12.500 pound(s)	18.750 p	25.000 pound(s)
8.000 oz. Beans, Black, Boiled	4.167 pound(s)	8.333 pound(s)	12.500 p	16.667 pound(s)
5.000 oz. Mango	2.604 pound(s)	5.208 pound(s)	7.813 po	10.417 pound(s)
1.600 oz. Coconut Meat, Desiccated, Sweetened, Shredded	13.333 ounce(s	1.667 pound(s)	2.500 po	3.333 pound(s)
0.080 oz. Almonds, Slivered	0.667 ounce(s)	1.333 ounce(s)	2.000 ou	2.667 ounce(s)
12.000 T. MOW Balsamic Vinaigrette	1 qt + 2 1/4 c.	3 qts + 1/2 c	1 g + 2 3	1 g. + 2 qts + 1 c.

Ingredient	250 Servings	300 Servings	350 Serv	400 Servings
4.600 oz. Couscous, Dry	11.979 pound(s	14.375 pound(s)	16.771 p	19.167 pound(s)
0.070 oz. Salt, Table	2.917 ounce(s)	3.500 ounce(s)	4.083 ou	4.667 ounce(s)
12.000 oz. Salmon, Atlantic, Wild, Raw	31.250 pound(s	37.500 pound(s)	43.750 p	50.000 pound(s)
8.000 oz. Beans, Black, Boiled	20.833 pound(s	25.000 pound(s)	29.167 p	33.333 pound(s)
5.000 oz. Mango	13.021 pound(s	15.625 pound(s)	18.229 p	20.833 pound(s)
1.600 oz. Coconut Meat, Desiccated, Sweetened, Shredded	4.167 pound(s)	5.000 pound(s)	5.833 po	6.667 pound(s)
0.080 oz. Almonds, Slivered	3.333 ounce(s)	4.000 ounce(s)	4.667 ou	5.333 ounce(s)
12.000 T. MOW Balsamic Vinaigrette	1 g. + 3 qts + 3	2 g + 5 1/2 c.	2 g + 3 3	3 g. + 2 c

Ingredient	450 Servings	500 Servings	550 Serv	600 Servings
4.600 oz. Couscous, Dry	21.563 pound(s	23.958 pound(s)	26.354 p	28.750 pound(s)
0.070 oz. Salt, Table	5.250 ounce(s)	5.833 ounce(s)	6.417 ou	7.000 ounce(s)
12.000 oz. Salmon, Atlantic, Wild, Raw	56.250 pound(s	62.500 pound(s)	68.750 p	75.000 pound(s)
8.000 oz. Beans, Black, Boiled	37.500 pound(s	41.667 pound(s)	45.833 p	50.000 pound(s)
5.000 oz. Mango	23.438 pound(s	26.042 pound(s)	28.646 p	31.250 pound(s)
1.600 oz. Coconut Meat, Desiccated, Sweetened, Shredded	7.500 pound(s)	8.333 pound(s)	9.167 po	10.000 pound(s)
0.080 oz. Almonds, Slivered	6.000 ounce(s)	6.667 ounce(s)	7.333 ou	8.000 ounce(s)
12.000 T. MOW Balsamic Vinaigrette	3 g + 2 qts + 1/	3 g+3 qts + 2 1/2 c	4 g + 4 3	4 g + 2 qts + 3 c