



Marinated URBeans salad



Information

Reference: ETK | BOM no: 80468 V0.1

Allergens:



Gluten, Gluten: Wheat, Sulphur dioxide

Tags:

High in fibre

Low in sugar

Suitable for Vegan diet

Ingredients

Ingredient	Qty
Godiva & Capulet Beans	1.44 kg
List: Warwick Retail Ingredients	
Parsley : Flat	200.00 g
Supplier: Beaumont Fresh Food Service 216E	
Mint	100.00 g
Supplier: Beaumont Fresh Food Service 30E	
Lemons Large	4.00 ea
Supplier: Beaumont Fresh Food Service 138	
White Wine Vinegar	120.00 ml
Composite ingredients: White Wine Vinegar, Preservative(Potassium Metabisulphite). (Acidity 6%). List: Brakes	
Table Salt	20.00 g
Composite ingredients: Salt, Anti-caking Agent E535. List: Brakes	
Garlic Peeled	70.00 g
Supplier: Beaumont Fresh Food Service 609E	
Ground Black Pepper	5.00 g
Composite ingredients: Ground Black Pepper List: Brakes	
Spring Onion	200.00 g
Supplier: Beaumont Fresh Food Service 17E	
Sysco Classic Crushed Chillies	20.00 g
Composite ingredients: Crushed Chillies. List: Brakes	
Kale	100.00 g
Composite ingredients: kale Supplier: Beaumont Fresh Food Service 377	
Cold pressed Rapeseed oil	500.00 ml
Composite ingredients: Rapeseed oil Supplier: Brakes 29080	

Method

No method specified for this recipe.

Nutrition

	100g	serving	100g	serving
Energy	283 kcal	225 kcal	Fat	16.7 g
Fibre	17.0 g	13.5 g	- saturates	1.3 g
Protein	10.0 g	7.9 g	Carbohydrate	33.2 g
Salt	0.75 g	0.60 g	- sugars	1.7 g

