



000654 - SALSA, FRESH, KELLER ISD

Source: KELLER ISD

Number of Portions: 22

Size of Portion: 1/4 CUP

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.25 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
051437 TOMATOES, DICED, NO SALT ADDED, CANNED....	1 qt + 1 cup	To Prepare: 1. Lightly chop all ingredients together in a blender or food processor until well-mixed and desired consistency is reached-not too chunky but not completely smooth. To Serve: 1. Serve 1/4 cup salsa to each customer. Notes: Do not drain tomatoes. 1 #10 can of diced tomatoes contains 12.5 cups. CCP: Refrigerate until served.
002047 SALT, TABLE.....	2 1/2 tsp	
002009 CHILI POWDER.....	1 tsp	
002030 PEPPER, BLACK.....	1/2 TSP (ground)	
019335 SUGARS, GRANULATED.....	2 1/2 tsp	
002020 GARLIC POWDER.....	1/2 tsp	
009153 LEMON JUC, CND OR BTLD.....	2 1/2 tsp	
002053 VINEGAR, DISTILLED.....	1 tsp	
002029 PARSLEY, DRIED.....	2 1/2 tsp	
799902 CUMIN, GROUND.....	1/2 tsp	
011284 ONIONS, DEHYDRATED FLAKES.....	1 Tbsp	
011979 PEPPERS, JALAPENO, RAW.....	2 Tbsp + 1 TSP (diced)	

*Nutrients are based upon 1 Portion Size (1/4 CUP)

Calories	18 kcal	Cholesterol	0 mg	Protein	0.31 g	Calcium	20.69 mg	1.91%	Calories from Total Fat
Total Fat	0.04 g	Sodium	277 mg	Vitamin A	73.1 RE	Iron	0.41 mg	0.32%	Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	3.64 g	Vitamin A	380.3 IU	Water ¹	*1.34* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	1.02 g	Vitamin C	6.5 mg	Ash ¹	*0.73* g	83.06%	Calories from Carbohydrates
								7.03%	Calories from Protein
* N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data ¹ - denotes optional nutrient values									

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
NO	NO	NO	NO	NO	NO	NO	NO
YES = Present NO = Absent ? = Undefined							