

WI Dept of Public Instruction

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Recipe

Dec 2, 2011

Recipe: 003738 COWBOY SALSA

Recipe Source:

Recipe Group: LUNCH

Alternate Recipe Name:

Number of Portions: 80

Size of Portion: 1/3 CUP

Recipe HACCP Process: #1 No Cook

903517 BEANS,BLACK TURTLE,CND,DRND.....	1 1/4 GAL	*NUTRIENT ANALYSIS WILL VARY DEPENDING ON ACTUAL PRODUCTS USED
050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM FROZE...	1/4 GAL	
900188 SEASONING TACO.....	2 TBSP	
050496 SALSA, TOMATO, CANNED.....	11 CUP	
019335 SUGARS,GRANULATED.....	2 TBSP	

*Nutrients are based upon 1 Portion Size (1/3 CUP)

Calories	75 kcal	Cholesterol	0.00 mg	Protein	4.34 g	Calcium	25.33 mg	3.56%	Calories from Total Fat
Total Fat	0.30 g	Sodium	388.13 mg	Vitamin A	43.74 RE	Iron	1.99 mg	0.80%	Calories from Saturated Fat
Saturated Fat	0.07 g	Carbohydrates	14.35 g	Vitamin A	218.70 IU	Water ¹	*0.00* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	4.82 g	Vitamin C	3.27 mg	Ash ¹	*0.00* g	76.25%	Calories from Carbohydrates
								23.08%	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

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
Moisture & Fat Change					? - Fish
Moisture Change.	0%				? - Shellfish
Fat Change.....	0%				? - Soy
Type of Fat.....					? - Wheat

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903517	BEANS,BLACK TURTLE,CND,DRND			

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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I	050486	CORN, YELLOW, WHOLE KERNEL, COOKED F			
I	900188	SEASONING TACO			
I	050496	SALSA, TOMATO, CANNED			
I	019335	SUGARS, GRANULATED			

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