

WI Dept of Public Instruction

Recipe: 003808 CORN & BEAN SALSA

Recipe HACCP Process: #1 No Cook

Recipe Source:
Recipe Group: VEGETABLES

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 1/2 CUP

903517 BEANS, BLACK TURTLE, CND, DRND..... 050484 CORN, CANNED, WHOLE-KERNEL, SUGAR AND SALT MA... 011333 PEPPERS, SWEET, GREEN, RAW..... 011821 PEPPERS, SWEET, RED, RAW..... 011282 ONIONS, RAW..... 009152 LEMON JUICE, RAW..... 002029 PARSLEY, DRIED..... 901983 CUMIN, GROUND..... 902071 GARLIC, GRANULATED..... 900221 OIL CANOLA..... 050496 SALSA, TOMATO, CANNED.....	1 1/4 #10 CAN, drained 1 3/4 LB 1/2 LB 1/2 LB 1/4 LB 1/4 CUP 1 TBSP 1/2 TBSP, whole 1 TSP 1/4 CUP 1 3/4 CUP	*NUTRIENT ANALYSIS MAY VARY DEPENDING ON ACTUAL PRODUCTS USED
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*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	70 kcal	Cholesterol	0.00 mg	Protein	3.34 g	Calcium	19.53 mg	18.55%	Calories from Total Fat
Total Fat	1.43 g	Sodium	240.88 mg	Vitamin A	42.04 RE	Iron	1.26 mg	1.94%	Calories from Saturated Fat
Saturated Fat	0.15 g	Carbohydrates	11.72 g	Vitamin A	223.07 IU	Water ¹	*11.58* g	*0.06%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	3.70 g	Vitamin C	13.10 mg	Ash ¹	*0.06* g	67.47%	Calories from Carbohydrates
								19.21%	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
				? - Fish
				? - Shellfish
				? - Soy
				? - Wheat
Moisture & Fat Change				
Moisture Change. %				
Fat Change..... %				

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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Type of Fat.....			
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Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903517	BEANS, BLACK TURTLE, CND, DRND			
I	050484	CORN, CANNED, WHOLE-KERNEL, SUGAR A			
I	011333	PEPPERS, SWEET, GREEN, RAW			
I	011821	PEPPERS, SWEET, RED, RAW			
I	011282	ONIONS, RAW			
I	009152	LEMON JUICE, RAW			
I	002029	PARSLEY, DRIED			
I	901983	CUMIN, GROUND			
I	902071	GARLIC, GRANULATED			
I	900221	OIL CANOLA			
I	050496	SALSA, TOMATO, CANNED			

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