

Beacon City School District

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Recipe Sizing Report

Dec 3, 2019

001040 - Fresh salsa with local peppers : Beacon	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 15 Size of Portion: 2 oz Alternate Recipe Name: Fresh local salsa				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
902630 Tomatoes fresh diced.....	1 lb + 7/8 oz	Dice tomatoes - reserve all pulp, seeds and juice for salsa
011821 PEPPERS,SWT,RED,RAW.....	12 ozs	Core and dice peppers - 1/4 cup dice
011215 GARLIC,RAW.....	3/4 clove	Dice scallion 1/4 cup or smaller
011291 ONIONS,SPRING OR SCALLIONS (INCL TOPS&BU...)	2 Tbsp + 1 1/8 TSP (chopped)	Use fresh juice of limes.
903093 LIME JUICE.....	2 Tbsp + 1 1/8 tsp	Zest of limes can be added for more flavor
002047 SALT, TABLE.....	3/8 tsp	Salt and pepper as directed.
903109 PEPPER BLACK, GROUND.....	1/8 tsp	Can be made one day ahead
		CCP: Hold for cold service at 41° F or lower.
		CCP: Refrigerate until served.

*Nutrients are based upon 1 Portion Size (2 oz)

Calories	13 kcal	Cholesterol	0 mg	Sugars	*1.0* g	Calcium	*2.94* mg	4.93%	Calories from Total Fat
Total Fat	0.07 g	Sodium	72 mg	Protein	1.76 g	Iron	*0.13* mg	0.97%	Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	3.37 g	Vitamin A	*720.1* IU	Water ¹	*24.56* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	0.84 g	Vitamin C	*29.7* mg	Ash ¹	*0.30* g	104.63%	Calories from Carbohydrates
								54.53%	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

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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.