



## 825202 - Pineapple Salsa

Source: K12 Culinary

Number of Portions: 144

Size of Portion: 1/4 cup

### Components:

Meat/Alt:

Grains:

Fruit: 0.125 cup

Vegetable:

Milk:

### Recipe Subgroups:

### Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
825963 Pineapple Tidbits, Juice Packed Dole.....	2 #10 can	Drain pineapple tidbits and reserve juice for other recipes.
011821 PEPPERS,SWT,RED,RAW..... 901049 ONIONS,RED,RAW.....	1 lb + 9 ozs 1 lb + 14 OZS (chopped)	Rinse bell peppers and onions under running water. Dice into 1/2" pieces.  Note: It takes approximately 2 lb AP red bell peppers to yield 1 lb 9 oz diced pepper. It takes approximately 2 lb 4 oz AP red onion to yield 1 lb 14 oz diced onion.
011165 CORIANDER (CILANTRO) LEAVES,RAW...	2 ozs	Rinse cilantro under running water and dry well using a disposable towel. Chop leaves finely.  Note: It takes about 4 oz AP of cilantro to yield 2 oz chopped.
011979 PEPPERS,JALAPENO,RAW.....	14 ozs	Cut jalapeno peppers into quarters and remove seeds with spoon or knife. Mince finely. Note: It takes about 1 lb of jalapeno peppers to yield 14 oz diced.
009161 LIME JUC,CND OR BTLD,UNSWTND.....	2 cups	In a mixing bowl, combine drained pineapple, diced bell pepper, diced onion, chopped cilantro, diced jalapeno, and lime juice. Toss lightly with spatula to combine. Serve 1/4 cup using a 2 oz perforated spoodle. <b>CCP: Hold and Serve at 41° F or lower.</b>

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

Calories	26 kcal	Cholesterol	0 mg	Sugars	*0.4* g	Calcium	2.71 mg	1.42%	Calories from Total Fat
Total Fat	0.04 g	Sodium	5 mg	Protein	0.16 g	Iron	0.18 mg	0.31%	Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	6.40 g	Vitamin A	224.0 IU	Water <sup>1</sup>	44.42 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	0.65 g	Vitamin C	15.4 mg	Ash <sup>1</sup>	0.18 g	99.35%	Calories from Carbohydrates
								2.42%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.