



825146 - Lettuce and Pico de Gallo Cups

Source: K12 Culinary

Number of Portions: 40

Size of Portion: each

Alternate Recipe Name: Pico Cups

Alternate Recipe Name 2: Pico de Gallo Cups

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.375 cup

Milk:

Recipe Subgroups:

Vegetable, Dark Green

Vegetable, Red/Orange

Attributes:

Vegetables

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011282 ONIONS,RAW..... 011165 CORIANDER (CILANTRO) LEAVES,RAW..... 011979 PEPPERS,JALAPENO,RAW..... 009161 LIME JUC,CND OR BTLD,UNSWTND..... 799903 GARLIC,GRANULATED..... 002047 SALT,TABLE.....	2 lbs + 11 OZS (AP) 8 OZS (diced) 1 cup 1/4 CUP (diced) 1/4 cup 1 tsp 1/2 tsp	CCP: No bare hand contact with ready to eat food. Rinse tomatoes, onions, cilantro, and jalapeno under cold running water. Roll cilantro in a disposable paper towel. Drain other ingredients in a collander or perforated pan. Using a tomato scoop, remove the core of tomatoes. Dice tomatoes using chef's knife, or other equipment for dicing vegetables. Cut onions in half, then into small ¼ inch dices. Roll cilantro tightly and cut into very thin strips using chiffonade method. Cut jalapeno into quarters and remove seeds with spoon or knife. Cut into ¼ inch dices. In a large container combine tomatoes, onions, cilantro, jalapeno, lime juice, garlic and salt; stir gently. Cover and hold chilled until time to assemble portion cups. Pico de Gallo may be stored in the refrigerator for up to 3 days. CCP: Hold at 41 degrees F. or lower.
011251 LETTUCE,COS OR ROMAINE,RAW.....	2 lbs + 12 ozs	CCP: No bare hand contact with ready to eat food. If using precut lettuce, weigh the required amount. Purchased, precut, shredded prewashed romaine does not require rinsing. For head lettuce, remove the stem end of the romaine head using a chef's knife. Cut leaves into ¼ inch strips. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner). Weigh the required amount of cut lettuce. (Note: Note: 4 lb. 5 oz. AP equals approximately 2 lb. 12 oz. chopped romaine.) CCP: Hold at 41 degrees F. or lower.

		<p>To prepare pico cups, place ½ c shredded lettuce in 8 oz flat portion cup using a 4 oz spoodle. Portion ¼ c pico de gallo with a #16 scoop or 2 oz spoodle on top of lettuce.</p> <p>Assemble cups for just in time service for best quality. CCP: Hold and Serve at 41 degrees F. or lower.</p>
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*Nutrients are based upon 1 Portion Size (each)

Calories	13 kcal	Cholesterol	0 mg	Sugars	*1.4* g	Calcium	14.90 mg	10.99%	Calories from Total Fat
Total Fat	0.16 g	Sodium	34 mg	Protein	0.71 g	Iron	0.40 mg	1.59%	Calories from Saturated Fat
Saturated Fat	0.02 g	Carbohydrates	2.82 g	Vitamin A	2975.8 IU	Water ¹	62.39 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.12 g	Vitamin C	6.8 mg	Ash ¹	0.43 g	84.96%	Calories from Carbohydrates
								21.45%	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.