



## 825146 - Pico de Gallo and Lettuce Cup

Source: K12 Culinary

Number of Portions: 40

Size of Portion: each

Alternate Recipe Name: Pico Cup

Alternate Recipe Name 2: Pico de Gallo Cup

### Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.375 cup

Milk:

### Recipe Subgroups:

Vegetable, Dark Green

Vegetable, Red/Orange

### Attributes:

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	<p><b>CCP: No bare hand contact with ready to eat food.</b>            Rinse tomatoes, onions, cilantro, and jalapeno under cold running water. Roll cilantro in a disposable paper towel. Drain other ingredients in a colander or perforated pan.            Using a tomato scoop, remove the core of tomatoes. Dice tomatoes using chef's knife, or other equipment for dicing vegetables. Refrigerate until ready to use.            Cut onions in half, then into small 1/4 inch dices.            Chop cilantro.            Cut jalapeno into quarters and remove seeds with spoon or knife. Cut into 1/4 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.</p> <p><b>CCP: Hold at 41° F or lower.</b></p>
011251 LETTUCE,COS OR ROMAINE,RAW.....	2 lbs + 12 ozs	<p><b>CCP: No bare hand contact with ready to eat food.</b>            If using pre-cut lettuce, weigh the required amount. Purchased, pre-cut, shredded prewashed romaine does not require rinsing.</p> <p>For head lettuce, remove the stem end of the romaine head using a chef's knife. Cut leaves into 1/4 inch strips. Rinse cut romaine under running water and drain well. (Recommend commercial salad spinner). Weigh the required amount of cut lettuce. (Note: 4 lb 5 oz AP equals approximately 2 lb 12 oz chopped romaine.)</p> <p><b>CCP: Hold at 41° F or lower.</b></p>

		<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.  <b>CCP: Hold and Serve at 41° F or lower.</b></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 <sup>1</sup>	62.39 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.12 g	Vitamin C	6.8 mg	Ash <sup>1</sup>	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

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

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