



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>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 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 ¼ inch dices. Chop cilantro. 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.</p> <p>CCP: Hold at 41° F or lower.</p> |
| 011251 LETTUCE,COS OR ROMAINE,RAW..... | 2 lbs + 12 ozs | <p>CCP: No bare hand contact with ready to eat food. 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 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.)</p> <p>CCP: Hold at 41° F or lower.</p> |

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| | | <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° F or lower.</p> |
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*Nutrients are based upon 1 Portion Size (each)

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|------------------------|----------|---------------|--------|-----------|-----------|--------------------|----------|---------|-----------------------------|
| 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.