



825147 - Lettuce and Salsa Cup

Source: K12 Culinary

Number of Portions: 40

Size of Portion: 1/2 cup

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Dark Green

Vegetable, Red/Orange

Attributes:

Vegetables

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW...	2 lbs + 12 ozs	<p>CCP: No bare hand contact with ready to eat food.</p> <p>If using precut 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 degrees F. or lower.</p>
050540 SALSA, LOW-SODIUM, CANNED.....	1 qt + 1 PINT	<p>To prepare salsa cups, place ½ c shredded lettuce in 8 oz flat portion cup using a 4 oz spoodle. Portion ¼ c salsa with a #16 scoop or 2 oz spoodle on top of lettuce.</p> <p>Assemble cups for just in time service for best quality.</p> <p>CCP: Hold and Serve at 41 degrees F. or lower.</p>
		<p>(Note: Not all salsa provides vegetable component crediting for the red/orange vegetable subgroup for the volume served. For salsa products, like USDA Foods variety, containing all vegetable ingredients plus a minor amount of spices or flavorings, one hundred percent of the product may be used to meet the volume vegetable/fruit requirement for meal pattern requirements. When products contain non-vegetable ingredients like gums, starches or stabilizers, water or vinegar, only that portion of the product that is a vegetable ingredient may be counted towards the volume requirement. If using purchased salsa containing these non-creditable ingredients, you must obtain manufacturer's product formulation statement to show proper crediting.)</p>

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	19 kcal	Cholesterol	0 mg	Sugars	*0.4* g	Calcium	14.75 mg	8.09%	Calories from Total Fat
Total Fat	0.17 g	Sodium	44 mg	Protein	0.94 g	Iron	1.13 mg	1.12%	Calories from Saturated Fat
Saturated Fat	0.02 g	Carbohydrates	3.62 g	Vitamin A	2920.3 IU	Water ¹	*29.50* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.16 g	Vitamin C	2.7 mg	Ash ¹	*0.18* g	77.51%	Calories from Carbohydrates

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.