



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:

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 pre-cut lettuce, weigh the required amount. Purchased, pre-cut, shredded 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 heads of romaine equals approximately 2 lb 12 oz chopped romaine.)</p> <p>CCP: Hold at 41° F or lower.</p>
051495 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 on top of lettuce with a no. 16 scoop or a 2 oz spoodle.</p> <p>Assemble cups for just in time service as the lettuce will wilt once topped with salsa.</p> <p>CCP: Hold and Serve at 41° 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	17 kcal	Cholesterol	0 mg	Sugars	1.6 g	Calcium	16.29 mg	4.87%	Calories from Total Fat
Total Fat	0.09 g	Sodium	44 mg	Protein	0.38 g	Iron	0.63 mg	0.63%	Calories from Saturated Fat

Saturated Fat	0.01 g	Carbohydrates	3.43 g	Vitamin A	3016.2 IU	Water ¹	*29.50* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.85 g	Vitamin C	8.4 mg	Ash ¹	*0.18* g	79.21%	Calories from Carbohydrates
								8.87%	Calories from Protein
<p>*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.</p>									