



825156 - Pico de Gallo

Source: Farm to School

Number of Portions: 40

Size of Portion: 1/4 cup

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.25 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Attributes:

Vegetables

HACCP Process: #1 No Cook

| Ingredients | Measures | Instructions |
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| 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..... | 3 lbs + 5 OZS (AP) 1/2 CUP (chopped) 1 cup 1/4 CUP (diced) 2 Tbsp 1/8 tsp 1/2 tsp | CCP: No bare hand contact with ready to eat food. Weigh required amount of tomatoes. 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 for service. Allow flavors to marinate for at least one hour before serving. Just before service, stir to redistribute the ingredients. Serve 1/4 cup using a #16 sisher or 2 ounce spoodle. Pico de Gallo may be stored in the refrigerator for up to 3 days. CCP: Hold at 41 degrees F. or lower. |

*Nutrients are based upon 1 Portion Size (1/4 cup)

| | | | | | | | | | |
|------------------------|----------|---------------|--------|-----------|----------|--------------------|---------|---------|-----------------------------|
| Calories | 7 kcal | Cholesterol | 0 mg | Sugars | *1.0* g | Calcium | 4.24 mg | 9.31% | Calories from Total Fat |
| Total Fat | 0.08 g | Sodium | 31 mg | Protein | 0.33 g | Iron | 0.10 mg | 1.39% | Calories from Saturated Fat |
| Saturated Fat | 0.01 g | Carbohydrates | 1.60 g | Vitamin A | 310.8 IU | Water ¹ | 34.73 g | *0.00%* | Calories from Trans Fat |
| Trans Fat ² | *0.00* g | Dietary Fiber | 0.47 g | Vitamin C | 6.0 mg | Ash ¹ | 0.26 g | 87.97% | Calories from Carbohydrates |
| | | | | | | | | 18.21% | 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.