



825172 - Salsa: from canned tomatoes

Source: K12 Culinary

Number of Portions: 49

Size of Portion: 1/4 cup

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.25 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011282 ONIONS,RAW.....	1 CUP (diced)	<p>CCP: No bare hand contact with ready to eat food. Rinse onions under running water and drain. Cut in half, remove skin and dice into small ¼ inch pieces.</p> <p>Drain and measure sliced pickled jalapeno peppers. Roughly chop into very small dice.</p> <p>Rinse fresh cilantro under running water. Roll in a single use paper towel to dry thoroughly, then finely chop.</p> <p>Place canned tomatoes in a deep container or other large mixing bowl. Add onions, jalapenos, cilantro, vinegar, sugar, salt, cumin, and granulated garlic. Puree the ingredients using an immersion blender leaving mixture slightly chunky. As an option for large batches, puree all ingredients using a Vertical Cutter Mixer (VCM).</p> <p>Place in small serving pans or individual portion cups. Serve 1/4 cup using a 2 oz spoodle or no. 16 disher. CCP: Hold and Serve at 41° F or lower.</p>
031034 PEPPERS,HOT PICKLED,CND.....	1/2 CUP (drained)	
011165 CORIANDER (CILANTRO) LEAVES,RAW...	1/2 cup	
051504 Tomatoes, Diced, No Salt Added, Canned....	1 #10 can	
002053 VINEGAR,DISTILLED.....	1/4 cup	
019335 SUGARS,GRANULATED.....	2 tsp	
002047 SALT,TABLE.....	2 tsp	
900670 CUMIN,GROUND.....	1 tsp	
799903 GARLIC,GRANULATED.....	1 Tbsp	

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

Calories	15 kcal	Cholesterol	0 mg	Sugars	*1.8* g	Calcium	12.13 mg	1.19%	Calories from Total Fat
Total Fat	0.02 g	Sodium	122 mg	Protein	0.57 g	Iron	0.40 mg	0.18%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	3.13 g	Vitamin A	267.6 IU	Water ¹	*5.49* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.60 g	Vitamin C	6.3 mg	Ash ¹	*0.32* g	80.93%	Calories from Carbohydrates
								14.77%	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.