

Fruit Salsa

Red/Orange Vegetable-Fruit

Vegetables

50 Servings

100 Servings

Directions 50-100

Process: #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation

Ingredients: Indicate fresh, frozen, canned, drained, packed in water, juice, dried, dehydrated, cooked. Describe: peeled, sliced, chopped, diced, grated, minced, and size.	Weight Lbs+ oz	Measure Largest unit	Weight	Measure	Include Critical Control Point, pan sizes, Scoop size #2 Same Day Service DIRECTIONS
Canned diced peaches, light syrup, drained OR canned pineapple tidbits, light syrup, drained	8 lbs 8 oz	1 gal 1 qt (2 No. 10 cans)	17 lb	2 gal 2 qt (4 No. 10 cans)	1. Place peaches, peppers, and red wine vinegar in a large bowl. Stir well.
*Fresh jalapeno peppers, diced 1/4"	10 oz	8 1/2 each	1 lb 4 oz	17 each	
*Fresh red bell peppers, diced 1/4"	2 lb 8 oz	1 qt 3 1/2 cups	5 lb	3 qt 3 cups	
Red wine vinegar		1 cup		2 cups	2. Pour into serving pans (10 3/8" x 12 3/4" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					3. Cover and refrigerate at 40 °F. 4. Critical Control Point: Cool to 41 °F or lower within 4 hours.

					<p>5. Critical Control Point: Hold at 41 °F or below.</p> <p>6. Portion with 3 fl oz spoodle (3/8 cup).</p>
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Marketing Guide for Selected Items			
	Food as Purchased for	50 Servings	100 Serving
Jalapeno peppers		14 oz	1 lb 12 oz
Red bell peppers		3 lb 2 oz	6 lb 4 oz

Notes:

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #1: No Cook

Serving

NSLP/SBP Crediting Information: 3/8 cup (3 fl oz spoodle) provides 1/8 cup red/orange vegetable and ¼ cup fruit.

CACFP Crediting Information: 3/8 cup (3 fl oz spoodle) provides 3/8 cup fruit/vegetable.

Serving:

Yield: (not to exceed 54, 108)

Volume:

50 Servings about
13 lb

50 Servings
about 1 gallon
2 quarts 2
cups / 2
serving pans

NSLP/SBP Crediting Information: 3/8 cup (3 fl oz spoodle) provides 1/8 cup red/orange vegetable and ¼ cup fruit.

100 Servings
about 26 lb

about 3
gallons 1 quart
/ 4 serving
pans

CACFP Crediting Information: 3/8 cup (3 fl oz spoodle) provides 3/8 cup fruit/vegetable.

Nutrient % Daily Value		Minerals		Vitamins	
Total Calories	55.64	Calcium	3.9 mg	Vitamin A	1090.25 IU
Protein	0.66 g	Potassium	114.94 mg	Vitamin B6	0.08 mg
Carbohydrates	13.75 g	Sodium	66.15 mg	Vitamin B12	0 mcg
Dietary Fiber	1.15 g	Copper	0.03 mg	Vitamin C	30.89 mg
Total Sugars	9.25 g	Iron	0.29 mg	Vitamin D	0 IU
Total Fat	0.18 g	Magnesium	6.58 mg	Vitamin E	1.31 mg AT
Saturated Fat	0.01 g	Phosphorus	13.61 mg	Vitamin K	3.27 mcg
Monounsaturated Fat	0 g	Selenium	0.02 mcg	Folate	16.6 mcg
Polyunsaturated Fat	0.02 g	Zinc	0.18 mg	Thiamin	0.03 mg
Linoleic Acid	0.01 g			Riboflavin	0.03 mg
α-Linolenic Acid	0.01 g			Niacin	0.67 mg
Cholesterol	0 mg			Choline	1.27 mg

