

John Stalker Institute

000046 - Mango Salsa

Recipe HACCP Process: #1 No Cook

Source:
 Number of Portions: 50
 Size of Portion: 1/4 cup

Meat/Alt: 0 oz
 Grains: 0 oz
 Fruit: 0.125 Cup
 Vegetable: 0.125 Cup
 Milk: 0 Cup

009176 MANGOS,RAW..... 8 LB 901590 TOMATOES,PLUM+ITALIAN,RAW.... 5 LB		1. Cut mangos into bite-sized pieces. Wash tomatoes, cut in half, and remove as many seeds as possible by squeezing each half. Cut tomatoes into bite-sized pieces.
799908 ONIONS,RED,RAW..... 2 CUP, chopped 009160 LIME JUICE,RAW..... 1/2 CUP 002047 SALT, TABLE..... 2 TBSP		2. Peel red onions, chop finely, and toss with mango-tomato mixture. Add lime juice and salt, and mix well.
011979 PEPPERS,JALAPENO,RAW..... 4 pepper		3. Handling carefully with gloves, remove tops of jalapeno peppers and slice lengthwise in half. Remove seeds and white portion of peppers with hands or a small spoon. Cut into thin strips, then into a fine dice, and add to salsa. The heat of the jalapenos may vary, so use as much as desired to achieve a flavor balance.
902422 Cilantro..... 8 OZ		4. Wash and dry cilantro, and pick the leaves from the stems. Discard stems. Finely chop the cilantro leaves, and add to salsa (optional). Taste, and season again if necessary. Serve chilled. CCP: Hold for cold service at 41° F or lower.
		VARIATIONS: *Can use pineapple to replace a portion or all of the mango. *Can add diced avocado on the day of service.

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

Calories	56 kcal	Cholesterol	0.00 mg	Protein	1.09 g	Calcium	14.64 mg	6.05%	Calories from Total Fat
Total Fat	0.38 g	Sodium	288.53 mg	Vitamin A	367.41 RE	Iron	0.26 mg	1.32%	Calories from Sat Fat
Saturated Fat	0.08 g	Carbohydrate	13.52 g	Vitamin A	1460.01 IU	Water ¹	*112.36* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	1.86 g	Vitamin C	*34.71* mg	Ash ¹	*1.25* g	96.03%	Calories from Carbohydrates
								7.70%	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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.