



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:
 Vegetables

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
011251 LETTUCE,COS OR ROMAINE,RAW...	2 lbs + 12 ozs	CCP: No bare hand contact with ready to eat food. If using precut lettuce, weigh the required amount. Purchased, precut, shredded prewashed romaine does not require rinsing. 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 equals approximately 2 lb. 12 oz. chopped romaine.) CCP: Hold at 41 degrees F. or lower.
050540 SALSA, LOW-SODIUM, CANNED.....	1 qt + 1 PINT	To prepare salsa cups, place ½ c shredded lettuce in 8 oz flat portion cup using a 4 oz spoodle. Portion ¼ c salsa with a #16 scoop or 2 oz spoodle on top of lettuce. Assemble cups for just in time service for best quality. CCP: Hold and Serve at 41 degrees F. or lower.
		(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.)

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	19 kcal	Cholesterol	0 mg	Sugars	*0.4* g	Calcium	14.75 mg	8.09%	Calories from Total Fat
Total Fat	0.17 g	Sodium	44 mg	Protein	0.94 g	Iron	1.13 mg	1.12%	Calories from Saturated Fat
Saturated Fat	0.02 g	Carbohydrates	3.62 g	Vitamin A	2920.3 IU	Water ¹	*29.50* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.16 g	Vitamin C	2.7 mg	Ash ¹	*0.18* g	77.51%	Calories from Carbohydrates

	20.15% 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.