



Recipe Production

Recipe Number: SD043

Recipe Name: PICO DE GALLO SALSA

Hot: No

Recipe Source: Boulder Valley School District

HACCP Process Category:

No Cook

Serving Description: 4.56 POUNDS

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
1	4.56 POUNDS				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2549	TOMATO 5X5 CS 20 LB	5	Pound			(Unassigned)
2600	CILANTRO 6 CT	1	BUNCH			(Unassigned)
2538	ONION YELLOW JUMBO 50 LB	7	Ounce	14 1/8	Gram	(Unassigned)
2510	JALAPENO SLICED 6/10	14 1/8	Gram			(Unassigned)
2004	LIME JUICE 6/32 OZ	8	Tbsp			(Unassigned)
1011	SALT KOSHER 12/3 LB	7 1/8	Gram			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Preparation Instructions

1. Using G4 slicer on Globe, slice tomatoes.
2. After tomatoes are sliced, dice by hand.
3. Dice all ingredients and mix together in bowl.

Serving Instructions

1 Tbsp (16 g) salsa per taco (.08 cup veg)
 4.56# per batch or 127 svg.



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	1,142.7861	24.3688	1,142.7861		
Saturated Fat	g	0.6800	0.0145	0.6800	0.54	
Sodium	mg	3,811.8928	81.2849	3,811.8928		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	4.2159	0.0899	4.2159	3.32	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	263.2383	5.6133	263.2383	92.14	
Total Dietary Fiber	g	27.0868	0.5776	27.0868		
Protein	g	29.1033	0.6206	29.1033	10.19	
Vitamin A (RE)	RE	1,238.2981	26.4055	1,238.2981		
Vitamin A (IU)	IU	16,589.5691	353.7564	16,589.5691		
Vitamin C	mg	725.3977	15.4684	725.3977		
Calcium	mg	1,927.9755	41.1122	1,927.9755		
Iron	mg	21.0279	0.4484	21.0279		
Moisture	g	4,256.7947	90.7720	4,256.7947		*
Ash	g	22.7912	0.4860	22.7912		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
2549	TOMATO 5X5 CS 20 LB	1.00	(Unassigned)	5	0.00	LB	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	1	0.43	BUNCH	/
2538	ONION YELLOW JUMBO 50 LB	1.00	(Unassigned)	0	0.47	LB	/
2510	JALAPENO SLICED 6/10	1.00	(Unassigned)	0	0.00	CAN (106 OZ)	/
2004	LIME JUICE 6/32 OZ	1.00	(Unassigned)	2	0.65	CONT (32 FL OZ)	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

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