

Black Bean and Corn Salsa

Servings:	1.00
Serving Size:	1.00 Each
Meal Type:	Lunch
Category:	Condiments or Other
HACCP Process:	No Cook
Condiment	

Nutrition Information

Calories	3439.39	Protein	78.00g
Fat	33.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	717.88g	Fiber	76.00g
Sugar	257.88g	Sodium	26184.65mg
Iron	3.60mg	Vitamin C	729.01mg
Vitamin A	25575.45IU	Calcium	120.00mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Gallon	434526	SALSA PICO DE GALLO 6-32Z ITALR	
3/4 Cup	565903	SPICE CILANTRO 4Z TRDE	
1 Gallon	244805	CORN WHL KERNEL STD GRADE 6-10 KE	rinsed
1 Cup	231981	BEANS BLACK LO SOD 6-10 BUSH	Rinse

Preparation Instructions

Mix all ingredients together and refridgerate overnight. Cup in individual 2 oz cups for salads