

# Black Bean and Corn Relish

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

## Nutrition Information

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