

Black Bean and Corn Relish

Servings:	100.00
Serving Size:	2.00 Ounce
Meal Type:	Lunch
Category:	Condiments or Other
HACCP Process:	No Cook
Condiment	

Nutrition Information

Calories	70.39	Protein	2.88g
Fat	0.48g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	14.08g	Fiber	2.56g
Sugar	2.88g	Sodium	303.85mg
Iron	0.58mg	Vitamin C	7.29mg
Vitamin A	255.75IU	Calcium	19.20mg

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 Gallon	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