

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100330 — Salsa, Low-Sodium, Canned

Category: **Vegetables**  
Subgroup: **Red/Orange**



### PRODUCT DESCRIPTION

This item is low-sodium tomato salsa made from peeled tomatoes, tomato puree, fresh or dried onions, green peppers, garlic, and jalapenos. A number of additional spices and ingredients are permitted. This item is available in cases containing six #10 cans.

### CREDITING/YIELD

- One case of salsa yields about 148 1/2-cup servings.
- CN Crediting: 1/2 cup salsa credits as 1/2 cup red/orange vegetable.

### CULINARY TIPS AND RECIPES

- Serve salsa as a side or topping for burritos, tacos, fajitas, quesadillas, or baked potatoes.
- Use salsa to add flavor to foods such as soups, vegetables, beans, or baked chicken.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

### FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

### NUTRITION FACTS

Serving size: 1/2 cup (128g) salsa, low-sodium

#### Amount Per Serving

**Calories** 40

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 140mg

**Total Carbohydrate** 8g

Dietary Fiber 4g

Sugars 4g

**Protein** 0g

Source: USDA Foods Vendor Labels

**Allergen Information:** Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.