



**USDA Foods Fact Sheet for Schools & Child Nutrition Institutions**

(last updated, 03-08-12)

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**110186 - SALSA, LOW-SODIUM, POUCH**

**Nutrition Information**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Tomato salsa is made of peeled tomatoes, tomato puree, fresh or dried onions, fresh green chile peppers and fresh jalapenos properly ripened and wholesome. Spices and condiments added include salt, vinegar, and any mixture of green peppers, cilantro, cumin, coriander, xanthan gum, flavorings, or modified starch. This is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>Six 111 oz pouches</li> <li>One pouch AP yields about 106 oz (12<math>\frac{1}{3}</math> cups) salsa and provides about 49.3 <math>\frac{1}{4}</math>-cup servings vegetable.</li> <li>CN Crediting: <math>\frac{1}{4}</math> cup salsa provides <math>\frac{1}{4}</math> cup vegetable. It counts as <math>\frac{1}{4}</math> cup red/orange vegetable when all salsa ingredients are creditable vegetable ingredients.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened pouches of salsa in a cool, dry place. Never store pouch in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened pouch of salsa covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

Salsa, low sodium, pouch

	$\frac{1}{4}$ cup (62 g)	$\frac{1}{2}$ cup (125 g)
Calories	22	45
Protein	0.93 g	1.86 g
Carbohydrate	4.34 g	8.68g
Dietary Fiber	0.9 g	1.7 g
Sugars	4.37 g	8.73 g
Total Fat	0.12 g	0.25 g
Saturated Fat	0.02 g	0.04 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.39 mg	2.79 mg
Calcium	7 mg	15 mg
Sodium	70 mg	140 mg
Magnesium	10 mg	20 mg
Potassium	167 mg	334mg
Vitamin A	341 IU	682 IU
Vitamin A	17 RAE	35 RAE
Vitamin C	2.5 mg	5.0 mg
Vitamin E	0 mg	0 mg



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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Salsa can be used right from the pouch chilled or at room temperature.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>Serve “as is” or chilled on top of burritos, tacos, tortilla pieces, and fajitas.</li> <li>Heat and serve as a complement to chicken, fish, turkey, hamburgers, etc.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>NEVER USE food from pouches that are leaking or bulging.</li> <li>DON'T TASTE pouches with a foul odor, or that spurts liquid from the container when opened.</li> <li>Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li> </ul>

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.