

PICO DE GALLO

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9449
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICO DE GALLO FRSH	2 Ounce		705520

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	80.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1680.00mg
Carbohydrates	16.00g
Fiber	4.00g
Sugar	8.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 0.80mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	141.10
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2963.01mg
Carbohydrates	28.22g
Fiber	7.05g
Sugar	14.11g
Protein	7.05g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.55mg	Iron 1.41mg

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