

PICO DE GALLO



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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