

Salsa Cup

Servings:	1.00	Category:	Vegetable
Serving Size:	4.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51478
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 6-10 COMM	1/2 Cup		150570

Preparation Instructions

4 oz of salsa served on salad bar or in a 5.5 oz portion cup.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Fluid Ounce

Amount Per Serving	
Calories	35.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	8.00g
Fiber	1.00g
Total Sugar	6.00g
Added Sugar	0.00g
Protein	1.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	27.44
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	109.76mg
Carbohydrates	6.27g
Fiber	0.78g
Total Sugar	4.70g
Added Sugar	0.00g
Protein	0.78g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg