

Salsa Side

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51424
School:	Early Learning Center at George Earle Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALSA 6-10 COMM	1/4 Cup		150570

Preparation Instructions

this salsa is to be served with breakfast burrito as a condiment in a 2 oz portion cup.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	17.50
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	70.00mg
Carbohydrates	4.00g
Fiber	0.50g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	0.50g
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	109.75mg
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