

Salsa, Shred Lettuce, Banana Pepper



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-56932
School:	Walton-Verona K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS BAN RING MILD	5 Each		466220
SALSA 103Z	1 Ounce	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
LETTUCE SHRD TACO 1/8CUT	1/4 Cup		242489

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	12.59
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	76.00mg
Carbohydrates	2.52g
Fiber	0.18g
Total Sugar	1.00g
Added Sugar	0.67g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 2.86mg	Iron 0.67mg

Nutrition - Per 100g

Calories	44.41
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	268.08mg
Carbohydrates	8.88g
Fiber	0.65g
Total Sugar	3.53g
Added Sugar	2.35g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 10.08mg	Iron 2.35mg