

Salsa



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45186

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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

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	0.167
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	10.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	69.33mg
Carbohydrates	2.00g
Fiber	0.00g
Total Sugar	0.67g
Added Sugar	0.67g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.67mg

Nutrition - Per 100g

Calories	35.27
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	244.56mg
Carbohydrates	7.05g
Fiber	0.00g
Total Sugar	2.35g
Added Sugar	2.35g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 2.35mg