

Cooking for Kids

Recipe Sizing Report

000108 - Black Bean and Corn Salsa :	Components	Attributes
HACCP Process: #1 No Cook Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:	

Ingredients	Measures	Instructions
050486 CORN, YELLOW, WHOLE KERNEL, COOKED FROM... 051529 Beans, Black (Turtle), Low-sodium, Canne..... 799908 ONIONS,RED,RAW..... 011333 PEPPERS,SWEET,GREEN,RAW..... 002075 SEASONING MIX,DRY,TACO,ORIGINAL..... 002009 CHILI POWDER..... 799902 CUMIN,GROUND..... 011165 CILANTRO,RAW..... 009161 LIME JUC,CND OR BTLD,UNSWTND.....	4 lbs + 10 ozs 4 lbs + 1 1/2 ozs 1 CUP (chopped) 3 CUPS (chopped) 2 1/2 Tbsp 3 Tbsp 3 Tbsp 1 1/2 CUPS (CHOPPED) 1/3 cup + 2 tsp	1. In large bowl combine all ingredients. Mix until fully incorporated. (If corn is not ready to eat, cook and chill prior to adding.) 2. Refrigerate for 30 minutes before serving. Adjust seasonings as needed with cilantro, cumin, and lime juice.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	76 kcal	Cholesterol	0 mg	Sugars	*0.3* g	Calcium	21.58 mg	5.56%	Calories from Total Fat
Total Fat	0.47 g	Sodium	91 mg	Protein	3.54 g	Iron	1.48 mg	0.80%	Calories from Saturated Fat
Saturated Fat	0.07 g	Carbohydrates	15.84 g	Vitamin A	403.2 IU	Water ¹	*14.72* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.03 g	Vitamin C	9.5 mg	Ash ¹	*0.30* g	83.90%	Calories from Carbohydrates
								18.76%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.