

Cooking for Kids

Recipe Sizing Report

Page 1

Jan 26, 2022

000108 - Black Bean and Corn Salsa :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 100 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.5 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011165 CORIANDER (CILANTRO) LEAVES,RAW..... 799908 ONIONS,RED,RAW..... 011333 PEPPERS,SWT,GRN,RAW.....	3 cups 2 cups 1 qt + 2 cups	1. Mince cilantro, then dice onion and green peppers.
011178 CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,UNPRE.... 799961 BEANS, CANNED, BLACK (TURTLE), LOW SODIU..... 002075 SEASONING MIX,DRY,TACO,ORIGINAL..... 002009 CHILI POWDER..... 799902 CUMIN,GROUND..... 009160 LIME JUICE,RAW.....	9 lbs + 4 ozs 8 lbs + 3 ozs 1/4 cup + 1 Tbsp 1/3 cup + 2 tsp 1/3 cup + 2 tsp 3/4 cup	2. In a large bowl combine all ingredients. Mix until fully incorporated. (If corn is not ready to eat, cook and chill prior to adding). 3. 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	78 kcal	Cholesterol	0 mg	Sugars	*1.4* g	Calcium	22.00 mg	7.01%	Calories from Total Fat
Total Fat	0.61 g	Sodium	91 mg	Protein	3.79 g	Iron	1.29 mg	1.19%	Calories from Saturated Fat
Saturated Fat	0.10 g	Carbohydrates	16.38 g	Vitamin A	314.7 IU	Water ¹	*44.90* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.94 g	Vitamin C	11.8 mg	Ash ¹	*0.49* g	83.52%	Calories from Carbohydrates
								19.32%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.