

Cooking for Kids

Recipe Sizing Report

000390 - BlackBean and Corn Salsa CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 25 Size of Portion: 1/4 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.25 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.....	1/3 cup + 2 tsp 1/4 cup 3/4 cup	1. Mince cilantro, then dice onion and green peppers into bite sized pieces.
799961 BEANS, CANNED, BLACK (TURTLE), LOW SODIU..... 011178 CORN,SWT,YEL,FRZ,KRNLS CUT OFF COB,UNPRE.... 002075 SEASONING MIX,DRY,TACO,ORIGINAL..... 002009 CHILI POWDER..... 799902 CUMIN,GROUND..... 009160 LIME JUICE,RAW.....	2 cups 3 7/8 cups 1 7/8 tsp 2 1/4 tsp 2 1/4 tsp 1 1/2 Tbsp	2. In a large bowl, combine all ingredients taking care to drain and rinse the black beans thoroughly. 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 by adding more cilantro, cumin, and lime juice if needed.

*Nutrients are based upon 1 Portion Size (1/4 CUP)

Calories	39 kcal	Cholesterol	0 mg	Sugars	*0.7* g	Calcium	11.00 mg	7.01%	Calories from Total Fat
Total Fat	0.31 g	Sodium	45 mg	Protein	1.89 g	Iron	0.65 mg	1.19%	Calories from Saturated Fat
Saturated Fat	0.05 g	Carbohydrates	8.19 g	Vitamin A	157.3 IU	Water ¹	*22.45* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.97 g	Vitamin C	5.9 mg	Ash ¹	*0.24* 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.