

Pico de Gallo - NSLP



General Information

Recipe #	Category	Source
1752737	Condiments 	Local

Ingredients

Name	Quantity	+	Quantity 2
Onions, raw	1 pt. chopped, raw to prepared		
Tomatoes, red, ripe, raw, year round average	6 lbs. diced		
Garlic, raw	¼ c., 1 tbsp.		
Coriander (cilantro) leaves, raw	1 c.		
Vegetable oil, palm kernel	2 tsp.		
Lime juice, raw	½ c.		
Spices, cumin seed	2 tbsp. ground		
Seasoning mix, dry, taco, original	2 tbsp.		
Peppers, jalapeno, raw	1 c. sliced		

Preparation Instructions

HACCP Process: #1 - No Cook

1. Wash all produce thoroughly.
2. Chop onions, tomatoes and cilantro. Mince garlic and deseed and devein jallapenos and mince. Place all in a large bowl.
3. Add all remaining ingredients into a bowl and mix until all ingredients are fully incorporated. Chill for 30 minutes before serving.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients including: * Unpeeled fresh fruit and vegetables that are served whole or cut into pieces. *



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Serving Size	Yield
0.25 Cup	50.00

Cost Per Serving
N/A 

Nutrition Facts

Serving Size 0.25 Cup (64 gm)

Amount Per Serving	
Calories	17.566

% Daily Value*		
Total Fat	0.383gm	0.589%
Saturated Fat	0.172 gm	0.861%
Trans Fat	0.000* gm	
Cholesterol	0.000 mg	
Sodium	28.452 mg	1.185%
Total Carbohydrate	3.400 gm	1.133%
Dietary Fiber	0.880gm	3.519%
Total Sugars	1.750 gm	
Includes N/A* gm of Added Sugars		
Protein	0.679 gm	1.359%

Vitamin A, RAE	N/A* mcg	
Vitamin C	10.950 mg	18.25%
Vitamin D	0.000* mcg	
Calcium	11.661 mg	1.166%
Iron	0.428 mg	2.38%
Potassium	155.841 mg	3.316%

Saturated Fat % of Calories	8.827 %
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* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the

Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Wash fresh produce vigorously under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.

Remove any damaged or bruised areas.

Label, date, and refrigerate fresh-cut items.

CCP: Ensure cold food is held at a temperature below 41° F.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41 degrees. In the event the temperature of the cold item rises above 41 degrees it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 degrees or below.

Dates

Last Updated	Created
02-20-2025	02-20-2025

daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Red/Orange	0.25 cups

Added Sugar Limitations ⓘ

Not applicable.

Edit Recipe