

Kentucky Dept. of Education

001361 - Peach Salsa

Recipe HACCP Process: #1 No Cook

Source: Allen County
 Number of Portions: 48
 Size of Portion: Serving

Meat/Alt: 0 oz
 Grains: 0 oz
 Fruit: 0 Cup
 Vegetable: 0.5 Cup
 Milk: 0 Cup

Alternate Menu Name: Serve with Cheesy Chicke
 Chipotle Quesadillas

799943 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE...	8 Large, diced	Chop tomatoes and transfer to a large bowl. Cut the bell peppers in half. Use bottoms for serving. Finely chop the seeded peppers and onions and transfer to large bowl. Dice the peaches and add to bowl. Add chopped cilantro, lime juice, salt and pepper to taste. Fold together and mix. Portion (1/4 cup) into peppers for serving. Serve with Chsy Chicken Chipotle Quesadillas #1349
799946 Jalapenos, seeded and finely diced.....	16 pepper	
009236 PEACHES,RAW.....	12 LB	
009160 LIME JUICE,RAW.....	1 CUP	
011333 PEPPERS,SWEET,GREEN,RAW.....	8 medium (2-3/4" x 2-1/2")	
011951 PEPPERS,SWEET, ORANGE RAW.....	8 medium	
903892 PEPPERS RED SWEET.....	8 Medium	
799908 ONIONS,RED,RAW.....	8 medium (2-1/2" dia)	
799968 CILANTRO.....	4 Bunch	

*Nutrients are based upon 1 Portion Size (Serving)

Calories	70 kcal	Cholesterol	*0.00* mg	Sugars	*10.08* g	Calcium	*19.23* mg	5.55%	Calories from Total Fat
Total Fat	0.43 g	Sodium	2.94 mg	Protein	1.82 g	Iron	*0.54* mg	0.57%	Calories from Sat Fat
Saturated Fat	0.04 g	Carbohydrate	16.94 g	Vitamin A	*703.13* IU	Water ¹	*179.62* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*2.90* g	Vitamin C	*65.27* mg	Ash ¹	*0.86* g	96.48%	Calories from Carbohydrates
								10.35%	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.