

Kentucky Dept. of Education

001362 - Ranch Cream and Salsa

Recipe HACCP Process: #1 No Cook

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

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

Alternate Menu Name: Serve with Cardinal
 Fiesta Pepper

799980 AVOCADOS,RAW,ALL COMM VAR..... 4 avocado 903911 Ranch Greek Yogurt Salad Dressing Mix..... 3/4 CUP 001256 YOGURT,GREEK,PLN,NONFAT..... 2 CUP 001179 SOUR CREAM,LIGHT..... 2 CUP 002009 CHILI POWDER..... 2 TSP 009160 LIME JUICE,RAW..... 1/2 CUP		Ranch Crema: Combine all ingredients together until smooth. Adding pinch of sugar and milk as needed to thin. Hold at 41 degrees or below for service. Serve 1 oz.
799908 ONIONS,RED,RAW..... 2 CUP, chopped 011333 PEPPERS,SWEET,GREEN,RAW..... 1 CUP, chopped 799943 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE... 2 CUP, chopped or sliced 799939 GARLIC,RAW..... 8 cloves, minced 799946 Jalapenos, seeded and finely diced..... 4 pepper 799968 CILANTRO..... 2 CUP, MINCED		Salsa: Combine all ingredients in a bowl. Season with pepper to taste. Hold at 41 degrees or below for service. Serve 1/4 cup. Serve with Cardinal Fiesta Pepper #1348

*Nutrients are based upon 1 Portion Size (Serving)

Calories	56 kcal	Cholesterol	*3.15* mg	Sugars	*0.37* g	Calcium	*45.44* mg	54.34%	Calories from Total Fat
Total Fat	3.38 g	Sodium	239.49 mg	Protein	1.57 g	Iron	*0.18* mg	14.51%	Calories from Sat Fat
Saturated Fat	0.90 g	Carbohydrate	4.57 g	Vitamin A	*172.31* IU	Water ¹	*44.15* g	*0.01%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	*1.47* g	Vitamin C	*8.06* mg	Ash ¹	*0.48* g	32.62%	Calories from Carbohydrates
								11.22%	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.