

Fruit Salsa

Red/Orange Vegetable Fruit

Vegetables

25 Servings

50 Servings

Directions 25-50

Process: #1 No Cook, #2 Same Day Service, #3 Complex Food Preparation

Ingredients: <small>Indicate fresh, frozen, canned, drained, packed in water, juice, dried, dehydrated, cooked.</small> <small>Describe: peeled, sliced, chopped, diced, grated, minced, and size.</small>	Weight <small>Lbs+ oz</small>	Measure <small>Largest unit</small>	Weight	Measure	Include Critical Control Point, pan sizes, Scoop size #2 Same Day Service DIRECTIONS
Canned diced peaches, light syrup, drained OR canned pineapple tidbits, light syrup, drained	4 lbs 4 oz	2 qt 2 cups (1 No. 10 can)	8 lbs 8 oz	1 gal 1 qt (2 No. 10 cans)	1. Place peaches, peppers, and red wine vinegar in a large bowl. Stir well.
*Fresh jalapeno peppers, diced 1/4"	5 oz	4 1/4 each	10 oz	8 1/2 each	
*Fresh red bell peppers, diced 1/4"	1 lb 4 oz	3 3/4 cups	2 lb 8 oz	1 qt 3 1/2 cups	
Red wine vinegar		1/2 cup		1 cup	2. Pour into serving pans (10 3/8" x 12 3/4" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					3. Cover and refrigerate at 40 °F. 4. Critical Control Point: Cool to 40 °F or lower within 4 hours. 5. Critical Control Point: Hold at 40 °F or below.

					6. Portion with 3 fl oz spoodle (3/8 cup).
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Marketing Guide for Selected Items

	Food as Purchased for	25 Servings	50 Servings
Jalapeno peppers		7 oz	14 oz
Red bell peppers		1 lb 9 oz	3 lb 2 oz

Notes:

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #1: No Cook

Serving

NSLP/SBP Crediting Information: 3/8 cup (3 fl oz spoodle) provides 1/8 cup red/orange vegetable and ¼ cup fruit.

CACFP Crediting Information: 3/8 cup (3 fl oz spoodle) provides 3/8 cup fruit/vegetable.

Serving:	Yield: (not to exceed 27, 54)	Volume:
<p>NSLP/SBP Crediting Information: 3/8 cup (3 fl oz spoodle) provides 1/8 cup red/orange vegetable and 1/4 cup fruit.</p> <p>CACFP Crediting Information: 3/8 cup (3 fl oz spoodle) provides 3/8 cup fruit/vegetable.</p>	<p>25 Servings: about 6 lb 8 oz</p> <p>50 Servings: about 13 lb</p>	<p>25 Servings: about 3 quarts 1 cup / 1 serving pan</p> <p>50 Servings: about 1 gallon 2 quarts 2 cups / 2 serving pans</p>

Nutrient		Minerals		Vitamins	
	% Daily Value				
Total Calories	55.64	Calcium	3.9 mg	Vitamin A	1090.25 IU
Protein	0.66 g	Potassium	114.94 mg	Vitamin B6	0.08 mg
Carbohydrates	13.75 g	Sodium	66.15 mg	Vitamin B12	0 mcg
Dietary Fiber	1.15 g	Copper	0.03 mg	Vitamin C	30.89 mg
Total Sugars	9.25 g	Iron	0.29 mg	Vitamin D	0 IU
Total Fat	0.18 g	Magnesium	6.58 mg	Vitamin E	1.31 mg AT
Saturated Fat	0.01 g	Phosphorus	13.61 mg	Vitamin K	3.27 mcg
Monounsaturated Fat	0 g	Selenium	0.02 mcg	Folate	16.6 mcg
Polyunsaturated Fat	0.02 g	Zinc	0.18 mg	Thiamin	0.03 mg
Linoleic Acid	0.01 g			Riboflavin	0.03 mg
α -Linolenic Acid	0.01 g			Niacin	0.67 mg
Cholesterol	0 mg			Choline	1.27 mg