

TROPICAL FRUIT SALSA (CANNED)

Yield 100

Portion 1/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
50 cal	13 g	0 g	0 g	0 mg	2 mg	9 mg

Ingredient

FRUIT SALAD,TROPICAL,CANNED,HEAVY SYRUP,DRAINED
 PEPPERS,RED FRESH,DICED
 PEPPERS,GREEN,FRESH,CHOPPED
 ONIONS,RED,FRESH,CHOPPED
 JUICE,LIME
 RESERVED LIQUID
 CILANTRO,DRY

Weight

11-7/8 lbs
 1-1/8 lbs
 1 lbs
 10-5/8 oz
 2-7/8 oz
 6-1/4 oz
 1/8 oz

Measure

1 gal 1-1/4 qts
 3-1/2 cup
 3 cup
 1-7/8 cup
 1/4 cup 2 tbsp
 3/4 cup
 1 tbsp

Issue

1-3/8 lbs
 1-1/4 lbs
 11-3/4 oz

Method

- 1 Drain canned fruit salad and reserve juice. Coarsely chop fruit pieces. Add red and green peppers, red onion, reserved juice, lime juice, and cilantro. Mix lightly.
- 2 CCP: Refrigerate for service at 41 F. or lower.