



Fruit Salsa

USDA Recipe for CACFP

Our Fruit Salsa recipe provides sweetness with a kick from its combination of fresh jalapenos, pineapples, red bell peppers, and diced peaches.

CACFP CREDITING INFORMATION

$\frac{3}{8}$ cup (3 fl oz spoodle) provides $\frac{1}{8}$ cup vegetable and $\frac{1}{4}$ cup fruit.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Peaches, canned, diced, light syrup, drained OR Pineapple tidbits, canned, 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.
*Jalapeno peppers, fresh, diced $\frac{1}{4}$ "	5 oz	4 $\frac{1}{4}$ each	10 oz	8 $\frac{1}{2}$ each	
*Red bell peppers, fresh, diced $\frac{1}{4}$ "	1 lb 4 oz	3 $\frac{3}{4}$ cups	2 lb 8 oz	1 qt 3 $\frac{1}{2}$ cups	
Red wine vinegar		$\frac{1}{2}$ cup		1 cup	2 Pour into serving pans (10 $\frac{3}{8}$ " x 12 $\frac{3}{4}$ " x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.

NUTRITION INFORMATION

For $\frac{3}{4}$ cup (3 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	56
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	66 mg
Total Carbohydrate	14 g
Dietary Fiber	1 g
Total Sugars	9 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	0 IU
Calcium	4 mg
Iron	0 mg
Potassium	115 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

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 ingredient is available.

Cooking Process #1: No Cook.

YIELD/VOLUME

25 Servings	50 Servings
About 6 lb 8 oz	About 13 lb
About 3 qt 1 cup/1 serving pan	About 1 gal 2 qt 2 cups/2 serving pans