



Pico de Gallo

USDA Recipe for CACFP

Our Pico de Gallo recipe features fresh tomatoes, red onions, garlic, cilantro, green onions, jalapeno peppers, and Mexican spices.

CACFP CREDITING INFORMATION

¼ cup provides ¼ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Tomatoes, fresh, chopped	2 lb 8 oz	1 qt 1 ½ cups	5 lb	2 qt 2 ⅔ cups	1 Combine all ingredients together in a large bowl. Stir well. Refrigerate until ready for service.
*Red onions, fresh, diced ¼"	12 oz	2 ⅓ cups	1 lb 8 oz	1 qt ⅔ cups	
*Jalapeno peppers, fresh, seeded, diced ¼"	3 oz	½ cup	6 oz	1 cup	
Cilantro, fresh, finely chopped	1 oz	1 ¾ cups	2 oz	3 ½ cups	
*Green onions, fresh, finely chopped	2 oz	⅓ cup	4 oz	⅔ cup	
Salt		⅓ tsp		⅔ tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Black pepper, ground		1/3 tsp		2/3 tsp	
Garlic powder		1 Tbsp		2 Tbsp	
					2 Critical Control Point: Cool to 40 °F or lower within 4 hours.
					3 Critical Control Point: Hold at 40 °F or below.
					4 Serve in small 2 oz soufflé cups.
					5 Portion with No. 16 scoop (1/4 cup).



NUTRITION INFORMATION

For ¼ cup (No. 16 scoop).

NUTRIENTS	AMOUNT
Calories	16
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Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	35 mg
Total Carbohydrate	4 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	1 g
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Vitamin D	0 IU
Calcium	11 mg
Iron	0 mg
Potassium	128 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	1 lb 4 oz	2 lb 8 oz
Jalapenos	4 oz	8 oz
Green onions	3 oz	6 oz
Tomatoes	2 lb 14 oz	5 lb 12 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 #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 3 lb 9 oz	About 7 lb 2 oz
About 1 qt 3 cups/25 small soufflé cups (2 oz)	About 3 qt 2 ¼ cups/50 small soufflé cups (2 oz)

