



USDA Foods in Schools

100330 - Tomato, Salsa, Low-Sodium, Canned

Category: **Vegetables**

Subgroup: **Red/Orange**



Product Description

- This item is low-sodium tomato salsa made from peeled tomatoes, tomato puree, fresh or dried onions, green peppers, garlic, and jalapenos to achieve a medium spice level. Additional flavoring and ingredients are permitted. This item is available in cases containing six #10 cans.

Crediting/Yield

- One case of salsa yields about 148 1/2-cup servings.
- CN Crediting: 1/2 cup salsa credits as 1/2 cup red/orange vegetable.

Culinary Tips and Recipes

- Serve salsa as a side or topping for burritos, tacos, fajitas, quesadillas, or baked potatoes.
- Use salsa to add flavor to foods such as soups, vegetables, beans, baked chicken, or rice.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (128g) salsa, low sodium

Amount Per Serving

Calories 35

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 140mg

Total Carbohydrate 8g

Dietary Fiber 1g

Sugars 6g

Protein 1g

Source: USDA Foods Vendor Labels

Allergen Information: Product is not permitted to contain any of the 8 major allergens designated by the FDA. Please refer to allergen statement on the outside of the product package to verify that no allergens are listed.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.