

Salsa Fresca

About the Recipe

9 Calories · 0 g Protein · 0 g Fiber

Appetizers

Ingredients

Makes 8 Servings

- 4 Roma tomatoes, seeded and diced
- 1/4 cup (35 g) minced red onion
- 1 jalapeño, seeded and minced
- 1 tablespoon chopped cilantro
- Juice of 1 lime
- 1/4 teaspoon sea salt
- Pinch ground black pepper

Directions

1. Add the tomatoes, onion, jalapeño, cilantro, lime juice, salt, and pepper to a bowl and mix to combine.
2. Serve with freshly cut vegetables or tortilla chips. Use as a topping for tacos and filling for burritos.

Nutrition Facts

Per serving:

Calories: 9

Fat: 0 g

Saturated Fat: 0 g

% Calories From Fat: 7%

Cholesterol: 0 mg

Protein: 0 g

Carbohydrate: 2 g

Sugar: 1 g

Fiber: 0 g

Sodium: 75 mg

Calcium: 5 mg

Iron: 1 mg

Vitamin C: 8 mg

Beta-Carotene: 136 mcg

Vitamin E: 0 mg