

Fresh Vegetable Salsa

Recipe name

Vegetable Salsa

Number of servings

Serves 5 people

Ingredients

| | Calories | Carbs | Fat | Protein | Sodium | Sugar | |
|--|----------|-------|-----|---------|--------|-------|---|
| Medium Tomato - Tomato, 3 cup, 6.5 oz | 120 | 21 | 2 | 0 | 0 | 0 | ⊖ |
| Freshness - Green Bell Pepper, 0.5 Bell Pepper | 7 | 2 | 0 | 0 | 0 | 0 | ⊖ |
| Onions - Onions, 1 cup(s) | 35 | 9 | 0 | 0 | 118 | 0 | ⊖ |
| Cilantro - Chopped, 0.25 cup | 1 | 0 | 0 | 0 | 2 | 0 | ⊖ |
| Lime juice - Raw, 1 lime yields | 10 | 3 | 0 | 0 | 1 | 1 | ⊖ |
| Peppers, jalapeno, raw, 0.5 pepper | 2 | 0 | 0 | 0 | 0 | 0 | ⊖ |
| Spices, cumin seed, 0.5 tsp, whole | 4 | 0 | 0 | 0 | 2 | 0 | ⊖ |
| Salt, table, 0.5 tsp | 0 | 0 | 0 | 0 | 12 | 0 | ⊖ |
| Spice - Black Pepper - Ground, 0.5 tsp | 3 | 1 | 0 | 0 | 1 | 0 | ⊖ |

[Add Ingredient](#)

| | | | | | | |
|---------------------|------------|-----------|----------|----------|------------|----------|
| Total: | 182 | 36 | 2 | 0 | 136 | 1 |
| Per Serving: | 36 | 7 | 0 | 0 | 27 | 0 |

Store-Bought Salsa

Nutrition Facts: Serving size: 1 tbsp. (15g); Servings per container: 90;

Calories: 5; Total fat: 0g; Saturated fat: 0g; Trans fat: 0g; Sodium: 50mg; Total carbohydrate: 1g; Sugars: 0g; Protein: 0g; .