



Fresh Salsa

Ingredients

- 3 tomatoes, diced
- ½ cup onion, finely chopped
- 2 bell peppers, finely chopped
- ½ cup fresh cilantro, chopped
- ½ teaspoon salt
- 2 teaspoons lime juice
- 3 cups carrots, peeled and sliced into thick rounds

Directions

1. Mix all ingredients, except carrots, together in a bowl.
2. Refrigerate for at least 2 hours. Serve with carrot rounds.

Nutrition Facts

Serving Size 1 serving (193.29g)
Servings Per Container 6

Amount Per Serving

Calories 50 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 12g **4%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 2g

Vitamin A 220% • Vitamin C 80%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.