

Apple Salsa

6 Servings • 1 Serving = ½ Cup

Tips on Apples



How To Store

Apples should be stored in a breathable bag in the refrigerator.



How To Use

Add to salads, eat whole, or bake with cinnamon for a healthy, sweet treat.



Health Benefits

Promotes healthy cholesterol levels. Lowers the risk of some cancers.

INGREDIENTS

- 2 cups apples, diced
- 1/3 cup lime juice
- ½ cup red bell pepper, diced
- ¼ cup red onion, diced
- ½ cup cilantro, minced
- ¼ teaspoon garlic
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

DIRECTIONS

- In a bowl, combine the apples with the lime juice.
- Add all other ingredients and mix well.

Nutrition Facts

6 servings per container
Serving size 1/2 cup (76g)

Amount per serving
Calories **30**

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 106mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Salsa de Manzana

6 Porciones • 1 Porción = ½ Taza

Tips de Manzanas



Como Almacenar

Las manzanas deben almacenarse en una bolsa transpirable en el refrigerador.



Como Utilizar

Agréguelo a ensaladas, cómelo entero u hornee con canela para obtener un dulce y saludable.



Beneficios Saludables

Promueve niveles saludables de colesterol. Reduce el riesgo de cánceres.

INGREDIENTES

- 2 tazas de manzanas, cortadas en cubitos
- 1/3 taza de jugo de limón
- 1/2 taza de pimiento, cortado en cubitos
- 1/4 taza de cebolla morada, cortada en cubitos
- 1/2 taza de cilantro picado
- 1/4 cucharadita de polvo de ajo
- 1/4 cucharadita de sal
- 1/4 cucharadita de pimienta negra recién molida

PREPARACION

- En un tazón, combina las manzanas con el jugo de limón.
- Agregue todos los demás ingredientes y mezcle bien.

Nutrition Facts

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