

Apple Salsa

6 Servings • 1 Serving = 1/2 Cup



INGREDIENTS

- 2 cups Granny Smith apples, diced
- 1/3 cup lime juice
- 1/2 cup red bell pepper, diced
- 1/4 cup red onion, diced
- 1/2 cup cilantro, minced
- 1/4 teaspoon garlic salt
- 1/4 teaspoon freshly ground black pepper

DIRECTIONS

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

Nutrition Facts	
6 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 99mg	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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