

# 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