

Tomato Salsa



YIELD: 3 servings (serving size: 1 cup)

COURSE: Sauces/Condiments

Ingredients

3 cups chopped tomato (1 pound)

1/2 cup chopped fresh cilantro

1/4 cup chopped red onion

2 tablespoons chopped fresh parsley

1 tablespoon minced seeded jalapeño pepper

3 tablespoons lime juice

1 clove garlic, crushed

Preparation

Combine all ingredients in a bowl; stir well.

Nutritional Information

Amount per serving

Calories: 55

Calories from fat: 11%

Fat: 0.7g

Saturated fat: 0.1g

Monounsaturated fat: 0.1g

Polyunsaturated fat: 0.3g

Protein: 2.3g

Carbohydrate: 12.4g

Fiber: 3.2g

Cholesterol: 0.0mg

Iron: 1.7mg

Sodium: 24mg

Calcium: 33mg

[Nutrition Guidelines for Healthy Living](#)

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