



Fresh Tomato Salsa

U.S.

4 each	Tomatoes, diced small
1/2 each	Red onion, diced small
1 each	Jalapeño, diced small
1 Tbsp	Lime Juice, Fresh
1/2 Tbsp	Lemon Juice, Fresh
1/2 cup	Cilantro, chopped small
1 Tbsp	Olive oil
1/4 tsp	Salt
1/4 tsp	Black pepper

Metric

4 each
1/2 each
1 each
15ml
7.5ml
118.3ml
15 ml
1.43g
0.45g

Preparation:

1. Gather all ingredients and equipment.
2. Combine all ingredients in a large bowl and mix well. Let the mixture sit for 10-15 minutes before serving.

Nutrition Facts

Serving size 3/4 cup
Servings 6

Calories	27
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	105 mg
Carbohydrates	6 g
Dietary Fiber	2 g
Sugars	4 g
Protein	1 g
Potassium	290 mg
Vitamin A	106 %
Calcium	2 %
Vitamin C	36 %
Iron	2 %
Phosphorus	30 mg
