



A Nutrition Resource



# CREATE YOUR OWN FRUIT SALSA

**Yield: 6 Servings | Serving Size: 1/4 cup**

**Cost/Serving: \$0.35**

## Ingredients:

2 cups chopped fresh fruit (melon [honeydew, cantaloupe, or watermelon], pineapple, mango, peach, strawberries, or papaya) or 1 (16- to 20- ounce) can pineapple or peaches, drained and finely chopped  
1 cup peeled, seeded, and chopped cucumber (optional)  
1/4 cup finely chopped red or white onion  
1/2 cup chopped red or green bell pepper (optional)  
2 Tablespoons to 1/4 cup fresh mint or cilantro, finely chopped (optional)  
1/2 to 1 fresh hot chili, jalapeno, or Serrano, seeded and finely chopped or use Tabasco™ or other hot sauce to taste  
2 Tablespoons to 1/4 cup lime juice or lemon juice  
White or brown sugar (optional)  
Salt and pepper (optional)

## Directions:

- 1) In a medium size bowl, stir together all ingredients.
- 2) Taste and season with more sugar and lemon or lime juice if needed. Add salt and pepper, if desired.
- 3) Cover and chill for at least 30 minutes. Serve with grilled or broiled fish or chicken.

**Caution:** *When handling hot peppers, the oils can cause burning and skin irritation. You can wear clean kitchen gloves or wash hands thoroughly after preparing. KEEP HANDS AWAY FROM EYES.*

## Nutrition Facts

6 servings per container  
Serving size 0.25 cup (71g)

Amount per serving  
**Calories 25**

	% Daily Value*
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	0%
<b>Total Carbohydrate</b> 6g	2%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%

<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 136mg	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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