

STARTER & SNACK

Fresh Salsa

7 October 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
10 min	10 min	10	\$0.23	10 kcal

Fresh Salsa takes approximately 10 minutes from beginning to end. This recipe serves 10. For 23 cents per serving, this recipe covers 2% of your daily requirements of vitamins and minerals. This hor d'oeuvre has 10 calories, 0g of protein, and 0g of fat per serving. 1 person were glad they tried thi...

Ingredients

- ☐ ¼ teaspoon crushed red pepper
- ☐ 2 garlic cloves, minced
- ☐ 1 tablespoon fresh lime juice
- ☐ ½ teaspoon salt
- ☐ 2 tablespoons chopped fresh cilantro
- ☐ 4 oz diced green chiles
canned
- ☐ ½ small red onion, diced
- ☐ 2 medium tomatoes, chopped

EQUIPMENT Bowl

Method

- 1

Combine chopped tomatoes, lime juice, and remaining ingredients in a large bowl. Cover and chill at least 1 hour.

Nutrition per serving

10 KCAL	0 g PROTEIN	0 g FAT	2 g CARBS
Saturated Fat			0 g · 0% of daily needs
Fibre			0.6 g · 2% of daily needs
Sugar			0.9 g · 1% of daily needs
Sodium			164 mg · 7% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			8.3 mg · 10% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/fresh-salsa-148556