

Apple Salsa

6 Servings • 1 Serving = ½ Cup

Tips on Apples



How To Store

Apples should be stored in a breathable bag in the refrigerator.



How To Use

Add to salads, eat whole, or bake with cinnamon for a healthy, sweet treat.



Health Benefits

Promotes healthy cholesterol levels. Lowers the risk of some cancers.

INGREDIENTS

- 2 cups Granny Smith apples, diced
- 1/3 cup lime juice
- ½ cup red bell pepper, diced
- ¼ cup red onion, diced
- ½ cup cilantro, minced
- ¼ teaspoon garlic salt
- ¼ teaspoon freshly ground black pepper

DIRECTIONS

- In a bowl, combine the apples with the lime juice.
- Add all other ingredients and mix well.

Nutrition Facts

6 servings per container	
Serving size	1/2 cup (113g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 0mg	0%
Potassium 148mg	4%
<small>*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.</small>	



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