

Fresh Tomato

SALSA

Nutrition Facts

Serving Size 1 full recipe

Amount Per Serving

Calories 132.6

		% Daily Value*
Total Fat	1.2 g	2 %
Saturated Fat	0.2 g	1 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	191.4 mg	8 %
Total Carbohydrate	30.2 g	11 %
Dietary Fiber	7.9 g	28 %
Total Sugars	17.2 g	
Added Sugars	- g	- %
Protein	5.7 g	
Vitamin D	0 mcg	0 %
Calcium	82.3 mg	6 %
Iron	1.9 mg	10 %
Potassium	1459.3 mg	31 %

* The % Daily Value (DV) 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.