



## Quick Tomato Salsa (Large Font)

A quick and easy dip for tortilla chips or quesadillas.

### U.S.

1 (15oz) can  
1/2 each  
3 Tbsp  
1-2 each  
1/4 tsp  
To taste  
1/4 tsp  
1/4 tsp

Diced Tomatoes, canned, low sodium  
Red Onion, roughly chopped  
Cilantro, roughly chopped  
Limes, juiced  
Kosher Salt  
Black Pepper, ground  
Cumin, ground  
Chili Powder

### Metric

425 g  
1/2 each  
11 g  
1-2 each  
1.5 g  
To taste  
0.3 g  
0.7 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Place all ingredients in blender and pulse until it becomes a sauce-like texture.
3. Chill and serve!

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## Nutrition Facts

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8 Servings

**Serving size**            **1/4 cup**

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**Amount per serving**

**Calories**                    **15**

Calories from Fat            0

**Total Fat**                    0 g

  Saturated Fat                0 g

  Trans Fat                      0 g

  Monounsaturated            0 g

**Cholesterol**                0 mg

**Sodium**                        65 mg

**Total Carbohydrate**        2 g

  Dietary Fiber                 0 g

  Total Sugars                  0 g

    Includes 0g Added Sugars

**Protein**                        0 g

Vitamin D                      0 %

Calcium                         0 %

Iron                                0 %

Potassium                       26 mg

Phosphorus                      3 mg

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