

RED CHILE PINEAPPLE SALSA

INGREDIENTS:

Red Ripe Tomatoes
 Pineapple
 Hatch Green Chile
 Onion
 Chile Pequin
 Jalapeño Peppers
 Lime Juice
 Cilantro
 Garlic
 Salt



Nutrition Facts

Serving Size 2 Tbsp (28 g)
 Serving Per Container 16

Amount Per Serving
Calories 15 **Calories from Fat 0**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 0g	

Vitamin A 2% • Vitamin C 6%
 Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your diet values may be higher or lower based on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65 g	80 g
Sat Fat	Less than 20 g	25 g
Cholesterol	Less than 300 mg	300 mg
Sodium	Less than 2,400 mg	2,400 mg
Total Carbohydrate	300 g	375 g
Dietary Fiber	25 g	30 g

Calories per gram
 Fat 9 • Carbohydrate 4 • Protein 4