

# Butternut Squash Salsa

Yield: 2 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/apple-salsa-with-indian-spices-recipe>

## Ingredients:

- 1/2 butternut squash small, chopped
- 1/2 sweet onion chopped
- 1 apple chopped
- 1/2 sweet pepper chopped, I used yellow
- 1/4 cup pomegranate arils
- 2 tablespoons chopped parsley fresh
- 1 tablespoon rice wine vinegar
- 1/2 teaspoon honey
- 1/4 teaspoon nutmeg
- pepper
- salt

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 44 grams
3. Fat: 0.5 grams
4. Fiber: 8 grams
5. Protein: 3 grams
6. Sodium: 410 milligrams
7. Sugar: 21 grams

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