

Salsa Picante

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/picante-sauce-recipe-mexican-salsa-picante>

Ingredients:

- 1 1/2 pounds Roma tomatoes or whichever you prefer, rinsed and roasted
- 2 poblano peppers rinsed and roasted
- 1 red onion or white, finely chopped
- 1 cucumber rinsed, cut lengthwise and scoop seeds out
- 2 serrano peppers rinsed, seeds and membrane removed. Finely chopped
- 4 garlic cloves peeled and roasted
- 1 avocado cubed
- 1 lime squeezed
- 1 bunch cilantro choppep
- salt
- pepper
- red bell pepper or yellow, rinsed, roasted and chopped

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 23 grams
3. Fat: 8 grams
4. Fiber: 8 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 210 milligrams
8. Sugar: 9 grams

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