

# Fruit Salsa

Yield: 2 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/filiberto-s-mexican-food-orange-sauce-recipe>

## Ingredients:

- 2 cups fruit finely diced, such as pineapple, peaches or mango
- 1 jalapeno pepper minced, seeded if desired, or 1/8 tsp ground chipotle powder
- 1/2 cup chopped cilantro
- 2 tablespoons scallion finely chopped, or red onion
- 3 tablespoons lime juice
- 1/2 teaspoon salt

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 24 grams
3. Fiber: 3 grams
4. Sodium: 600 milligrams
5. Sugar: 20 grams

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