

# Authentic Mexican Salsa

Yield: 10 min  
Total Time: 16 min

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

## Ingredients:

- 1 yellow onion chopped
- 1 bunch cilantro fresh
- 1 chard chipotle pepper
- 1 chard poblano pepper
- 1 tablespoon coriander seeds ground
- 1 teaspoon cumin seeds ground
- 3 limes juiced
- 4 Roma tomatoes blanched
- 4 cloves garlic crushed
- 1/2 cup grapeseed oil quality
- 1 serrano chili roasted
- 3 tablespoons kosher salt
- 1 chard jalapeno

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 4 grams
3. Fat: 11 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 2160 milligrams
8. Sugar: 1 grams

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