

Italian Salsa Cruda

Yield: 3 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/tastefully-simple-recipe-italian-salsa>

Ingredients:

- 1 pound tomatoes diced, about 2 cups
- 1 bell pepper medium, diced, about 1 cup
- 4 cloves garlic grated or chopped very fine
- 3 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- 2 tablespoons fresh basil chopped
- 1 tablespoon Italian parsley fresh, chopped
- 1/2 teaspoon ground pepper
- 1/2 teaspoon kosher salt or to taste

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 10 grams
3. Fat: 14 grams
4. Fiber: 3 grams
5. Protein: 2 grams
6. SaturatedFat: 2 grams
7. Sodium: 410 milligrams
8. Sugar: 5 grams

Thank you for visiting our website. Hope you enjoy Italian Salsa Cruda above. You can see more 20 tastefully simple recipe italian salsa You won't believe the taste! to get more great cooking ideas.