

# Habanero Salsa

Yield: 2 min  
Total Time: 35 min

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

## Ingredients:

- 1 tablespoon oil
- 1 onion small, diced
- 2 cloves garlic chopped
- 1 teaspoon cumin toasted and ground
- 2 cups tomatoes diced or 1, 14 ounce can diced tomatoes
- 1 1/2 chilies habanero, chopped
- 1 handful cilantro chopped
- 1/2 lime juice

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 5 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 150 milligrams
9. Sugar: 7 grams

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