

Nopalitos with Tomatoes and Onions

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/nopalito-brazilian-recipe>

Ingredients:

- 1 pound nopalitos nopales prickly pear cactus paddles that have been stripped of spines, cleaned, and chopped
- olive oil
- 2 cloves garlic minced
- 1/2 red onion roughly chopped
- 1 jalapeño pepper stem and seeds removed, chopped
- 1 tomato medium, roughly chopped
- salt
- pepper

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 9 grams
3. Fat: 6 grams
4. Fiber: 4 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 250 milligrams
8. Sugar: 3 grams

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