

# Peach & Red Pepper Salsa

Serves 4



## Ingredients:

- 3 medium peaches, diced small
- ½ bunch fresh mint
- ½ medium red onion, diced small
- 1 medium red bell pepper, diced small
- Juice of 1 lime
- 1 teaspoon red chili powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper



## Instructions:

1. Combine peaches, red bell pepper, and onion in a medium mixing bowl.
2. Tear or cut mint leaves into small pieces and add to bowl with other ingredients.
3. Add lime juice, chili powder, salt, and pepper. Mix to combine and adjust seasoning if desired.
4. For best results, allow salsa to sit for 15 minutes to marinate. Enjoy as a dip or a topping to your favorite dish!

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### Nutrition Facts

**Serving Size** 1 × 4 Serving

**Amount Per Serving**

**Calories** 65.2

**% Daily Value\***

<b>Total Fat</b>	0.5 g	1 %
Saturated Fat	0.1 g	0 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	170.6 mg	7 %
<b>Total Carbohydrate</b>	15.8 g	6 %
Dietary Fiber	3.3 g	12 %
Total Sugars	11.6 g	
Added Sugars	0 g	0 %
<b>Protein</b>	1.9 g	
Vitamin D	0 mcg	0 %
Calcium	30.6 mg	2 %
Iron	1.4 mg	8 %
Potassium	356.9 mg	8 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at [cronometer.com](https://cronometer.com)

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