

SUMMERTIME PEACH SALSA

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving = 1/2 cup)

Nutrition (per serving)

Calories: 30

Total Fat: 0 g

Saturated Fat: 0 g

Sodium: 40 mg

Total Carbohydrate: 7 g

Dietary Fiber: 0 g

Total Sugars: 5 g

Protein: 1 g



Ingredients

- 2 cups peeled and chopped peaches
- 1 cup chopped red onion
- ½ cup chopped red bell pepper
- ½ cup deseeded and finely diced jalapeno
- 2 Tablespoons lime juice
- 1 Tablespoon chopped cilantro
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper

Directions

1. In a large bowl, add all ingredients and mix until well combined.

Serve immediately or refrigerate before serving.