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## Pineapple Salsa (25 Portions)



### Ingredients

- PINEAPPLE, CANNED, TIDBITS, DRAINED
  - 1 cup
  - 7-<sup>2</sup>/<sub>3</sub> oz
- PEPPERS, FRESH, RED, BELL, DICED ¼-INCH
  - 1 cup
  - 4 oz
  - 5 oz
- JUICE, LIME, BOTTLED
  - ½ cup
  - 4 oz
- ONION, RED, DICED ¼-INCH
  - ½ cup
  - 3 oz
  - 3-<sup>1</sup>/<sub>3</sub> oz
- CILANTRO, FRESH, CHOPPED
  - ½ cup
  - 1 oz
  - 1-<sup>1</sup>/<sub>3</sub> oz
- PEPPER, RED, GROUND
  - 1 tsp
  - 0.06 oz



1. In Step 2, fresh lime juice may be substituted for bottled when available.
2. Serving suggestions: serve over baked or grilled pork, chicken or fish; serve with tortilla chips as an appetizer or accompaniment.
3. \* Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar together.

#### Color Code

Green (Eat Often)

#### Nutrifacts

- Calories
- 9
- Carbohydrates
- 2 g
- Sugars\*
- 2 g
- Protein
- 0 g
- Fat
- 0 g
- Saturated Fat
- 0 g
- Cholesterol
- 0 mg
- Sodium
- 2 mg
- Calcium
- 3 mg
- Fiber
- 0.3 g

#### Sodium Code

Low Sodium

Number

O-030-01

Each Portion

2 tbsp (¾ oz)

Yield

25 Portions

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