

Chunky Grape Salsa

Ingredients

- 1 med navel orange, peeled & cut into ½ in pieces
- 8 oz seedless red grapes
- ½ C chopped red pepper
- ¼ C chopped cilantro
- ¼ C chopped green onions
- 1 tbs. minced jalapenos
- 1 tbs. fresh lime juice

Instructions

- Mix all ingredients
- Add lime juice

Nutritional Facts

Energy	70	kcal
Protein	1	g
Carbohydrate	19	g
Fiber	12	g
Fat	2	g
Sat Fat	0	g
Cholesterol	0	mg
Sodium	5	mg