

# Fresh Pineapple Salsa

## Ingredients:

- 1 cup corn, canned
- 1/2 cup red onion, finely diced
- 1 large ripe tomato, and diced
- 1/2 cup black beans, canned, rinsed and drained
- 1 small red bell pepper, diced (or 1/2 large)
- 1 small green bell pepper, diced (or 1/2 large)
- 1 1/2 cups fresh ripe pineapple, diced (or use canned pineapple)
- Zest and juice of one lime
- Sea salt to taste
- Cilantro, chopped, add to taste

## Directions

1. Combine corn, red onion, tomato, black beans, bell peppers, pineapple, lime zest and juice, and salt in a large bowl.
2. Toss well to combine; add cilantro.
3. Let sit in the fridge for one hour before serving.

## Nutrition Facts

Serving Size (172g)  
Servings Per Container 6

Amount Per Serving

**Calories 80**      **Calories from Fat 5**

**% Daily Value\***

**Total Fat 0.5g**      **1%**

**Saturated Fat 0g**      **0%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 50mg**      **2%**

**Total Carbohydrate 17g**      **6%**

**Dietary Fiber 3g**      **12%**

**Sugars 7g**

**Protein 2g**

**Vitamin A 15%**      • **Vitamin C 110%**

**Calcium 4%**      • **Iron 4%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

