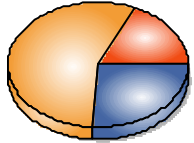




Okra, Corn and Jalapeno Salsa

Recipe grams: 921.60g/32.5oz

Serves 2 460.80g/16.3oz per serving



Protein: 16%
Carbohydrates: 77%
Fat: 8%

INGREDIENTS

.5 cup CORN, YELLOW
1 lb OKRA, RAW
1 cup SPINACH, CHOPPED
1 pepper JALAPENO, RAW
1 tomato TOMATO, RED, RIPE, RAW
1 tbsp LIME JUICE
1 clove GARLIC, RAW

DIRECTIONS

Carefully Saute corn and okra for 1 minute. Add pepper and spinach. Heat until combined. Toss with remaining ingredients

Nutrition Facts

Serving Size: 1 serving (460.8g)

Servings: 1

Amount Per Serving

Calories 270 Calories from Fat 20

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 400mg 15%

Total Carbohydrate 55g 20%

Dietary Fiber 13g 50%

Sugars 5g

Protein 11g

Vitamin A 80% • Vitamin C 120%

Calcium 30% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.