

Orange/Raspberry Chipotle Salsa

Serve with whole wheat pita chips.

2 cups mandarin oranges, drained and chopped
1 cup red onion, diced
1/2 cup Raspberry Chipotle sauce
3 tablespoons fresh lime juice
1/2 bunch fresh cilantro

Amounts of ingredients can be adjusted to personal taste. Place drained and chopped mandarin oranges in a large bowl. Dice red onion, add to oranges. Add 1/2 cup raspberry/chipotle sauce and lime juice to oranges and onions. Lightly chop cilantro, add to bowl and stir all ingredients until blended. Serve with whole wheat pita chips.

Servings: 10

Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	53.16
Calories From Fat (3%)	1.80
% Daily Value	
Total Fat 0.20g	0%
Saturated Fat 0.03g	0%
Cholesterol 0.00mg	0%
Sodium 85.19mg	4%
Potassium 112.35mg	3%
Carbohydrates 12.93g	4%
Dietary Fiber 0.74g	3%
Sugar 4.50g	
Sugar Alcohols 0.00g	
Net Carbohydrates 12.20g	
Protein 0.63g	1%

Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
2 cups mandarin oranges, drained and chopped	2 x 1 cup of Tangerines, (mandarin oranges), canned, juice pack
1 cup red onion, diced	1 x 1 cup of Onions, red
1/2 cup Raspberry Chipotle sauce	0.50 x 1 cup of Sauce, plum, ready-to-serve
3 tablespoons fresh lime juice	3 x 1 tablespoon of Lime juice, raw
1/2 bunch fresh cilantro	0.50 x 1 tablespoon of Cilantro (Chinese parsley), raw

Recipe formatted and exported by Living Cookbook from Radium Technologies, Inc.