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Fruit Salsa

Ingredients:

- 2 kiwi fruits
- 1 (15-ounce) can sliced peaches, packed in juice
- 1 cup frozen raspberries

Makes 14 servings - 0% calories from fat

Instructions:

1. Wash, peel, and chop kiwi fruits.
2. Drain and chop sliced peach.
3. In a bowl add raspberries, chopped peaches and chopped kiwi fruits. Mix gently.
4. Let stand at room temperature until raspberries are completely thawed.
5. Serve immediately or refrigerate.

Notes:

- Oranges chopped; mandarin orange slices or other fruits of your choice may be added.
- Serve with baked tortilla chips.

Adapted from Cornell Cooperative Extension Fulton-Montgomery County

Revised July 2021

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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

Nutrition Facts

Serving Size 1/4 cup
Servings Per Container 14

Amount Per Serving

Calories 30 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 7g 2%

Dietary Fiber 1g 4%

Sugars 4g

Protein 0g

Vitamin A 2% • Vitamin C 20%

Calcium 0% • Iron 0%

*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

