



## August 3- Kiwi Watermelon Salsa – Happy Watermelon Day!

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=520944>

### **Recipe**

*Ingredients:*

- 1 cup watermelon, diced
- 1 cup kiwi
- 1 Tablespoon cilantro
- 1/3 cup onion, chopped
- 2 teaspoon jalapeno peppers, diced
- 2 teaspoon lime juice

*Directions:*

1. Combine kiwi, watermelon, onion, cilantro and jalapeno until well mixed.
2. Add lime juice and stir until well coated. Serve immediately.

Yield 9 servings

### **Nutrition Facts**

Serving Size 1/4 cup (45.75g)  
Servings Per Container 9

**Amount Per Serving**

**Calories** 25      **Calories from Fat** 0

**% Daily Value\***

**Total Fat** 0g      **0%**

**Saturated Fat** 0g      **0%**

**Trans Fat** 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 5g      **2%**

**Dietary Fiber** <1g      **2%**

**Sugars** 4g

**Protein** 0g      **1%**

**Vitamin A** 2%      •      **Vitamin C** 40%

**Calcium** 0%      •      **Iron** 0%

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