

Cranberry Salsa

Ingredients:

- 1 (12 oz.) package fresh cranberries, picked over and stems removed
- 2 large celery stalks, finely diced
- 1 small white onion, finely diced
- 1 jalapeño pepper, seeded and minced
- ¼ cup chopped fresh cilantro
- ½ tsp. kosher or sea salt
- ¾ cup sugar
- 3 tbsp. lime juice



Nutrition Facts

Serving Size 2 oz or 1/4 cup (69g)
Servings Per Container 10

Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 0g	
Vitamin A 2%	• Vitamin C 10%
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	



Directions:

1. Process the cranberries in a food processor until coarsely chopped.
2. Transfer the cranberries to a medium bowl, and add the remaining ingredients.
3. Stir the mixture well to evenly combine.
4. Transfer the cranberry mixture to a serving bowl; cover and refrigerate until ready to serve.