

Fresh Mexican Sauce (Salsa Mexicana Cruda)

*Diana Kennedy - The Cuisines of Mexico
The Good Cook Sauces - Time-Life Books*

Yield: 1 1/2 cups

1 medium tomato, finely chopped but not peeled

1/4 cup onion, finely chopped

6 sprigs fresh coriander, finely chopped

3 fresh hot green chilies (preferably serranos), stemmed and finely chopped

1/2 teaspoon salt

1/3 cup cold water

In a bowl, mix the tomato, onion, coriander and chilies together.

Add the salt and water.

Per Serving (excluding unknown items): 46 Calories; 1g Fat (10.0% calories from fat); 2g Protein; 10g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1087mg Sodium. Exchanges: 2 Vegetable.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	46
% Calories from Fat:	10.0%
% Calories from Carbohydrates:	74.4%
% Calories from Protein:	15.6%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	10g
Dietary Fiber (g):	3g
Protein (g):	2g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	28mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 1087mg
Potassium (mg): 466mg
Calcium (mg): 46mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 29mg
Vitamin A (i.u.): 1430IU
Vitamin A (r.e.): 142 1/2RE

Vegetable: 2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 46 Calories from Fat: 5

% Daily Values*

Total Fat	1g	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1087mg	45%
Total Carbohydrates	10g	3%
Dietary Fiber	3g	10%
Protein	2g	
Vitamin A		29%
Vitamin C		48%
Calcium		5%
Iron		6%

* Percent Daily Values are based on a 2000 calorie diet.