



A Nutrition Resource



Sarvis Berry Salsa

Servings: 1

Ingredients:

- 2 cups sarvis berries
- 1 red bell pepper, diced
- ¼ red onion, finely diced
- 1 jalapeno, finely diced
- ¼ cup fresh cilantro, chopped
- 4 Tbsp lime juice
- 1 Tbsp olive oil
- Salt and pepper to taste

Directions:

- 1) In a large bowl, combine all ingredients and toss to combine. Season with salt and pepper as needed.

Nutrition Facts

Amount per	
1 serving (16 oz)	453 g
Calories 261	From Fat 129
% Daily Value*	
Total Fat 14.7g	23%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 12mg	1%
Total Carbohydrates 35g	12%
Dietary Fiber 8g	30%
Sugars 19g	
Protein 4g	7%
Vitamin A 18% • Vitamin C 453%	
Calcium 7% • Iron 11%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Recipe provided by FAST Blackfeet (<https://www.fastblackfeet.org/>). Used with permission for educational purposes.

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