

# Papaya Salsa

I serve this over grilled fish such as orange roughy. You can use tilapia or catfish or any mild white fish you like. I add fresh chopped cilantro to this salsa if I have it on hand.

2 cups chopped papaya  
1/2 ounce pecans, chopped  
2 tablespoons chopped onions  
2 teaspoons cider vinegar  
1/8 teaspoon dried red pepper flakes

To prepare salsa, in a small bowl, combine all ingredients. To serve, place grilled fish fillet on each serving plate; top evenly with salsa.

**Servings: 4**

## Nutrition Facts

Serving size: 1 serving

Percent daily values based on a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
<b>Calories</b>	54.24
Calories From Fat (41%)	22.12
% Daily Value	
<b>Total Fat</b> 2.65g	<b>4%</b>
Saturated Fat 0.25g	<b>1%</b>
<b>Cholesterol</b> 0.00mg	<b>0%</b>
<b>Sodium</b> 2.27mg	<b>0%</b>
<b>Potassium</b> 204.13mg	<b>6%</b>
<b>Carbohydrates</b> 8.01g	<b>3%</b>
Dietary Fiber 1.67g	<b>7%</b>
Sugar 4.48g	
Sugar Alcohols 0.00g	
Net Carbohydrates 6.34g	
<b>Protein</b> 0.80g	<b>2%</b>

## Ingredient Links

In order to calculate nutrition information for a recipe using its ingredients the recipe ingredients need to be linked to the ingredients in the ingredient database. The table below shows how the recipe ingredients are currently linked.

Recipe Ingredient	Linked To
2 cups chopped papaya	2 x 1 cup, cubes of Papayas, raw
1/2 ounce pecans, chopped	0.50 x 1 oz of Nuts, pecans
2 tablespoons chopped onions	2 x 1 tablespoon, chopped of Onions, raw
2 teaspoons cider vinegar	2 x 1 teaspoon of Vinegar, cider
1/8 teaspoon dried red pepper flakes	0.13 x 1 teaspoon of Spices, pepper, red, flakes

Recipe formatted and exported by Living Cookbook from Radium Technologies, Inc.