

# Ana's Chipotle Salsa

15 MINUTES | 60 CALORIES | 4 INGREDIENTS



This quick and easy salsa will be your new family secret!

## Ingredients

- 2 (10-ounce) cans Rotel's diced tomatoes and chiles, drained
- 3 diced green onions
- ½ cup cilantro
- 2 medium chipotle chiles from a can

## Step by step

### Step 1

In a blender, puree all ingredients until desired consistency. I like mine pretty well blended!

## Nutrition Information

Total grams per serving: 176g; Calories 60; Total Fat 1.5 g (Sat 0 g, Trans 0 g, Poly 0 g, Mono 0 g); Cholesterol 0 mg; Sodium 700 mg; Total Carbohydrates 10 g; Dietary Fiber 1 g; Total Sugars 3 g; Protein 1 g; Vitamin D 0 mcg; Calcium 32 mg; Iron 1 mg; Potassium 50 mg.  
One serving = ½ cup.