



Persimmon Salsa



Ingredients:

- 4 Small or 3 medium-size firm but ripe fuyu persimmons, peeled, cut into 1/2 –inch cubes
- 2 Tbs. purple onion, minced
- 1 Tbs. plus 1 tsp. fresh lime juice
- 1 Tbs. minced fresh basil
- 2 Tsp. minced seeded serrano pepper
- 2 Tsp. minced fresh mint
- 1 Tsp. minced peeled fresh ginger

Preparation:

Mix persimmons, onion, lime juice, basil, serrano pepper, mint, and ginger in a small bowl. Season salsa to taste with salt and pepper.

Nutritional information for 1 cup

servings:

Calories 20, Fat 0 gm
Saturated fat 0 gm
Sodium 0 mg
Carbohydrates 5 gm
Fiber 1 gm
Sodium 0 mg

Source: Bon Appetit Magazine

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
Rev. 01/2010



Persimmon Salsa



Ingredients:

- 4 Small or 3 medium-size firm but ripe fuyu persimmons, peeled, cut into 1/2 –inch cubes
- 2 Tbs. purple onion, minced
- 1 Tbs. plus 1 tsp. fresh lime juice
- 1 Tbs. minced fresh basil
- 2 Tsp. minced seeded serrano pepper
- 2 Tsp. minced fresh mint
- 1 Tsp. minced peeled fresh ginger

Preparation:

Mix persimmons, onion, lime juice, basil, serrano pepper, mint, and ginger in a small bowl. Season salsa to taste with salt and pepper.

Nutritional information for 1 cup

servings:

Calories 20, Fat 0 gm
Saturated fat 0 gm
Sodium 0 mg
Carbohydrates 5 gm
Fiber 1 gm
Sodium 0 mg

Source: Bon Appetit Magazine

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
Rev. 01/2010



Persimmon Salsa



Ingredients:

- 4 Small or 3 medium-size firm but ripe fuyu persimmons, peeled, cut into 1/2 –inch cubes
- 2 Tbs. purple onion, minced
- 1 Tbs. plus 1 tsp. fresh lime juice
- 1 Tbs. minced fresh basil
- 2 Tsp. minced seeded serrano pepper
- 2 Tsp. minced fresh mint
- 1 Tsp. minced peeled fresh ginger

Preparation:

Mix persimmons, onion, lime juice, basil, serrano pepper, mint, and ginger in a small bowl. Season salsa to taste with salt and pepper.

Nutritional information for 1 cup

servings:

Calories 20, Fat 0 gm
Saturated fat 0 gm
Sodium 0 mg
Carbohydrates 5 gm
Fiber 1 gm
Sodium 0 mg

Source: Bon Appetit Magazine

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
Rev. 01/2010



Persimmon Salsa



Ingredients:

- 4 Small or 3 medium-size firm but ripe fuyu persimmons, peeled, cut into 1/2 –inch cubes
- 2 Tbs. purple onion, minced
- 1 Tbs. plus 1 tsp. fresh lime juice
- 1 Tbs. minced fresh basil
- 2 Tsp. minced seeded serrano pepper
- 2 Tsp. minced fresh mint
- 1 Tsp. minced peeled fresh ginger

Preparation:

Mix persimmons, onion, lime juice, basil, serrano pepper, mint, and ginger in a small bowl. Season salsa to taste with salt and pepper.

Nutritional information for 1 cup

servings:

Calories 20, Fat 0 gm
Saturated fat 0 gm
Sodium 0 mg
Carbohydrates 5 gm
Fiber 1 gm
Sodium 0 mg

Source: Bon Appetit Magazine

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition
Rev. 01/2010