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Bacon and Spicy Tomato Salsa ♦♦

A delicious and spicy salsa made with fresh tomatoes and crispy bacon. Perfect for dipping tortilla chips or topping grilled meats.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

200 g	bacon
300 g	Tomatoes
100 g	onion
50 g	Jalapeno
30 ml	lime juice
20 g	Cilantro

5 g	salt
2 g	black pepper

Directions

Step 1

Frying

Cook the bacon in a skillet until crispy. Remove from heat and let it cool. Once cooled, crumble the bacon into small pieces.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Cutting

Dice the tomatoes, onion, and jalapeno. Finely chop the cilantro.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, combine the diced tomatoes, onion, jalapeno, and crumbled bacon. Add lime juice, cilantro, salt, and black pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 8 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	15 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Snacks

Sauces & Dressings

Main Dishes

Side Dishes

Desserts

Salads

Soups

Cultural

Chinese New Year

Cinco de Mayo

Events

Picnic

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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