

**Supercharged Salsa**

½ cup	salsa (medium heat)	125	mL
½ cup	lite (5% fat) sour cream	125	mL
2 tbsp.	ground flaxseed	25	mL
1 tbsp.	fire roasted pepper (Scarpone's), pat dry	15	mL

- Combine salsa, sour cream and roasted pepper in food processor.
- Blend until uniform.
- Stir in flax.
- Cover and chill for ½ to 1 hour.

Yield: 1 cup (250 mL)

Serving Size: ¼ cup (50 mL)

## Single Serving Nutrient Values

Kcal	92.71
Protein	2.33 g
Carbohydrates	5.48 g
Fat	7.2 g
Saturated	2.33 g
Monounsaturated	0.15 g
Polyunsaturated	2.62 g
Trans Fat	0 g
Cholesterol	9.42 mg
Dietary Fiber	2.03 g
Potassium	151 mg
Sodium	73.95 mg