



 **30%**
HEALTH SCORE

Adobo Herb Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons balsamic vinegar
- 28 ounce canned tomatoes diced canned
- 1 tablespoon chipotles in adobo canned
- 0.3 cup cilantro leaves fresh minced
- 1 tablespoon tarragon fresh chopped
- 1 bell pepper diced green
- 0.3 cup onion red minced
- 0.5 teaspoon salt

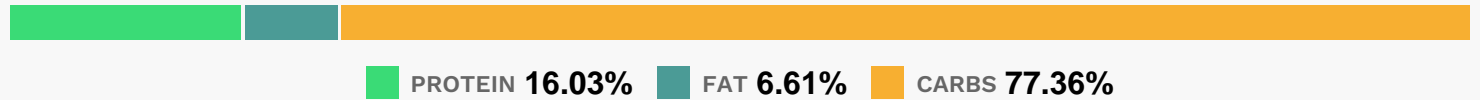
Equipment

bowl

Directions

In a bowl, toss together the tomatoes, bell pepper, onion, cilantro, adobo sauce, tarragon, and vinegar. Season to taste with salt, cover, and refrigerate at least 30 minutes.

Nutrition Facts



Properties

Glycemic Index:56.75, Glycemic Load:5.57, Inflammation Score:-7, Nutrition Score:13.641739155935%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 88.39kcal (4.42%), Fat: 0.75g (1.15%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 14.71g (5.35%), Sugar: 11.32g (12.58%), Cholesterol: 0mg (0%), Sodium: 557.35mg (24.23%), Alcohol: 0g (100%), Protein: 4.08g (8.16%), Vitamin C: 44.06mg (53.41%), Manganese: 0.57mg (28.36%), Vitamin B6: 0.42mg (21%), Potassium: 715.19mg (20.43%), Copper: 0.4mg (20.15%), Fiber: 4.98g (19.91%), Iron: 3.43mg (19.08%), Vitamin E: 2.62mg (17.45%), Vitamin K: 15.86µg (15.1%), Vitamin B3: 2.75mg (13.74%), Vitamin A: 678.1IU (13.56%), Magnesium: 50.96mg (12.74%), Vitamin B1: 0.18mg (11.7%), Calcium: 95.69mg (9.57%), Folate: 36.09µg (9.02%), Vitamin B2: 0.14mg (8.19%), Phosphorus: 79.83mg (7.98%), Vitamin B5: 0.6mg (5.99%), Zinc: 0.67mg (4.48%), Selenium: 1.33µg (1.9%)