



Authentic Basic Red Salsa

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



12

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb plum tomatoes (Roma) (6 tomatoes)
- 1 jalapeno seeded
- 1 clove garlic peeled
- 0.3 medium onion white
- 0.5 teaspoon chicken tomato bouillon granules
- 0.3 teaspoon salt
- 0.5 cup chicken broth
- 1 tablespoon vegetable oil

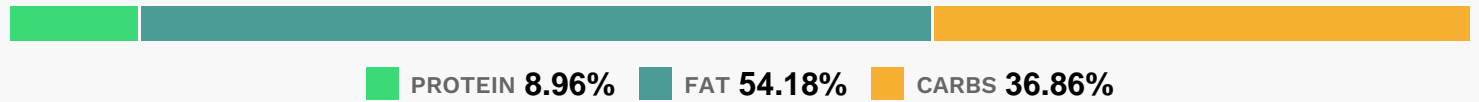
Equipment

- sauce pan
- blender

Directions

- In blender, place all ingredients except oil. Cover; blend until smooth.
- In 2-quart saucepan, heat oil over medium-high heat.
- Add tomato mixture; cook about 5 minutes or until hot.
- Serve warm or cold with tortilla chips, as desired. Cover and refrigerate any remaining salsa.

Nutrition Facts



Properties

Glycemic Index:10.58, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:1.8695652233842%

Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 19.18kcal (0.96%), Fat: 1.24g (1.91%), Saturated Fat: 0.19g (1.18%), Carbohydrates: 1.9g (0.63%), Net Carbohydrates: 1.37g (0.5%), Sugar: 1.2g (1.33%), Cholesterol: 0.2mg (0.07%), Sodium: 106.83mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin C: 6.81mg (8.25%), Vitamin A: 327.71IU (6.55%), Vitamin K: 5.3µg (5.05%), Potassium: 98.93mg (2.83%), Manganese: 0.06mg (2.82%), Vitamin E: 0.34mg (2.29%), Fiber: 0.53g (2.12%), Vitamin B6: 0.04mg (2.06%), Folate: 6.45µg (1.61%), Vitamin B3: 0.27mg (1.34%), Copper: 0.03mg (1.3%), Vitamin B1: 0.02mg (1.22%), Magnesium: 4.77mg (1.19%), Phosphorus: 11mg (1.1%)