



Bell Pepper Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons balsamic vinegar
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 2 cloves garlic chopped
- ☐ 0.3 cup green onions chopped
- ☐ 1 teaspoon olive oil
- ☐ 1 cup bell peppers red coarsely chopped
- ☐ 4 servings salt
- ☐ 0.3 teaspoon sugar

☐ 1 cup firm-ripe tomatoes coarsely chopped

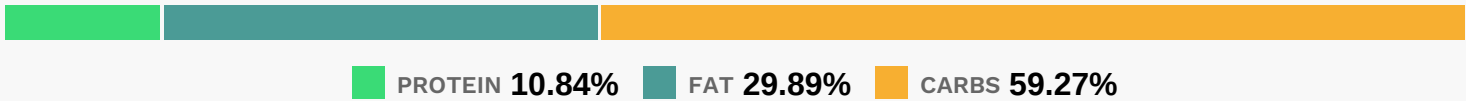
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ In an 8- or 9-inch square pan, combine 1 cup coarsely chopped firm-ripe tomatoes, 1 cup coarsely chopped red bell peppers, 2 cloves chopped garlic, and 1 teaspoon olive oil. Cover tightly with foil.
- ☐ Bake in a 350 oven until tomatoes mash easily, 50 to 60 minutes.
- ☐ Pour vegetable mixture into a blender or food processor.
- ☐ Add 1/2 cup fresh cilantro, 1/3 cup chopped green onions, 1 1/2 teaspoons balsamic vinegar, and 1/4 teaspoon sugar. Whirl until coarsely pured.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:71.02, Glycemic Load:1.45, Inflammation Score:-8, Nutrition Score:8.4534782106462%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 33.2kcal (1.66%), Fat: 1.22g (1.88%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 3.91g (1.42%), Sugar: 3.3g (3.67%), Cholesterol: 0mg (0%), Sodium: 200.1mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Vitamin C: 55.36mg (67.1%), Vitamin A: 1694.77IU (33.9%), Vitamin K: 28.85µg (27.47%), Vitamin B6: 0.16mg (8.24%), Folate: 29.34µg (7.34%), Vitamin E: 1.03mg (6.87%), Manganese: 0.13mg (6.7%), Fiber: 1.53g (6.13%), Potassium: 208.47mg (5.96%), Vitamin B3: 0.66mg (3.31%), Vitamin B2: 0.05mg (2.96%), Vitamin B1: 0.04mg (2.85%), Magnesium: 11.36mg (2.84%), Iron: 0.47mg (2.59%), Phosphorus: 25.32mg (2.53%), Copper: 0.04mg (2.24%), Vitamin B5: 0.18mg (1.78%), Calcium: 17.03mg (1.7%), Zinc: 0.22mg (1.46%)