



Charred Tomato Salsa

 Vegetarian  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



2

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 servings ancho chili pepper
- 2 servings cilantro leaves
- 1 clove garlic
- 2 servings guajillo chiles*
- 2 servings honey
- 2 servings jalapeno
- 2 servings kosher salt
- 2 servings juice of lime

- 2 servings roma tomatoes
- 2 servings vegetable oil
- 2 servings onion yellow

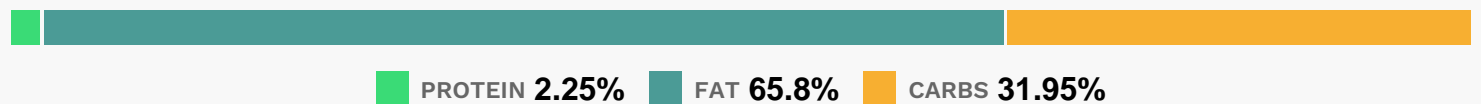
Equipment

- oven
- knife
- blender
- roasting pan
- grill

Directions

- Char the tomatoes on grill until the skin is dark brown. Meanwhile, rub the garlic and onion with the oil and roast in a 350-degree oven for 20 minutes. Split the dried chiles down the middle and remove the seeds, using the tip of your knife to loosen if necessary.
- Add dried chilies to the garlic and onion-roasting pan and continue roasting for 5-7 minutes.
- Place all ingredients in a plastic container and puree with a stick blender. The salsa can remain as chunky as you would like. Season with salt and adjust to your liking

Nutrition Facts



Properties

Glycemic Index:105.64, Glycemic Load:4.32, Inflammation Score:-6, Nutrition Score:5.2434782852297%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg

Nutrients (% of daily need)

Calories: 184.18kcal (9.21%), Fat: 14.21g (21.86%), Saturated Fat: 2.18g (13.63%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 13.77g (5.01%), Sugar: 9.55g (10.61%), Cholesterol: 0mg (0%), Sodium: 199.12mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Vitamin K: 29.19µg (27.8%), Vitamin C: 17.33mg (21.01%), Vitamin A: 588.02IU (11.76%), Vitamin E: 1.38mg (9.22%), Fiber: 1.76g (7.04%), Manganese: 0.13mg (6.4%), Vitamin B6: 0.13mg (6.27%), Potassium: 171.59mg (4.9%), Folate: 15.54µg (3.89%), Vitamin B2: 0.05mg (2.93%), Phosphorus: 26.84mg (2.68%), Magnesium: 10.69mg (2.67%), Vitamin B1: 0.04mg (2.59%), Copper: 0.04mg (2.16%), Calcium: 21.47mg (2.15%), Iron: 0.33mg (1.85%), Vitamin B3: 0.34mg (1.69%), Vitamin B5: 0.15mg (1.47%), Zinc: 0.18mg (1.18%)