



Cherry-Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

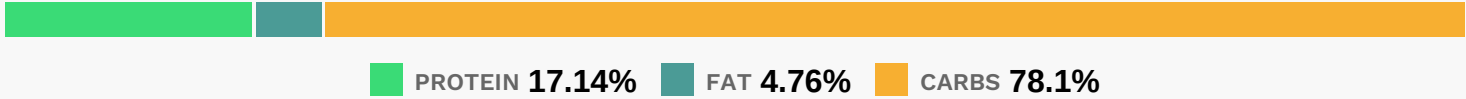
- ☐ 0.1 teaspoon pepper black freshly ground to taste ()
- ☐ 4 servings cherry tomatoes halved (1-pint)
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 small jalapeno seeded chopped
- ☐ 1 teaspoon juice of lime
- ☐ 0.3 teaspoon salt
- ☐ 0.5 small onion white peeled finely chopped

Equipment

Directions

☐ Toss ingredients together.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:4.5069565099219%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 21.29kcal (1.06%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 3.89g (1.41%), Sugar: 2.82g (3.14%), Cholesterol: 0mg (0%), Sodium: 108.49mg (4.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin C: 26.18mg (31.74%), Vitamin A: 568.38IU (11.37%), Potassium: 235.58mg (6.73%), Manganese: 0.12mg (6.14%), Vitamin K: 6.05µg (5.76%), Vitamin B6: 0.1mg (4.82%), Vitamin E: 0.66mg (4.41%), Copper: 0.08mg (4.01%), Iron: 0.71mg (3.95%), Folate: 15.21µg (3.8%), Fiber: 0.89g (3.58%), Phosphorus: 30.53mg (3.05%), Vitamin B3: 0.57mg (2.87%), Vitamin B1: 0.04mg (2.67%), Magnesium: 10.18mg (2.55%), Vitamin B2: 0.03mg (1.56%), Vitamin B5: 0.15mg (1.48%), Calcium: 13.43mg (1.34%), Zinc: 0.16mg (1.05%)