

Chipotle Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 servings chipotle chile dried
- 1 clove garlic
- 2 servings juice of lemon
- 2 servings onion
- 2 servings plum tomatoes
- 2 servings salt to taste

Equipment

- blender

Directions

Soak dried chipotles in hot water and let sit until chiles are tender, about 30 minutes. In a blender, combine all ingredients until smooth. Season with salt to taste and serve. More salsa recipes on Food Republic: Salsa Verde Cruda

Fresh Tomato Salsa

Grilled Pineapple Salsa

Nutrition Facts

PROTEIN 10.03% **FAT 3.76%** **CARBS 86.21%**

Properties

Glycemic Index: 47.5, Glycemic Load: 1.28, Inflammation Score: -3, Nutrition Score: 2.1121739077827%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.25mg, Quercetin: 11.25mg, Quercetin: 11.25mg

Nutrients (% of daily need)

Calories: 31kcal (1.55%), Fat: 0.14g (0.22%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 7.41g (2.47%), Net Carbohydrates: 6.1g (2.22%), Sugar: 3.17g (3.52%), Cholesterol: 0mg (0%), Sodium: 197.3mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin C: 10.48mg (12.7%), Fiber: 1.31g (5.24%), Manganese: 0.1mg (4.97%), Vitamin B6: 0.09mg (4.61%), Folate: 13.65µg (3.41%), Potassium: 104.18mg (2.98%), Vitamin B1: 0.03mg (2.15%), Phosphorus: 19.68mg (1.97%), Magnesium: 6.89mg (1.72%), Calcium: 16.49mg (1.65%), Copper: 0.03mg (1.45%), Vitamin B2: 0.02mg (1.11%)