



Chipotle Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon chipotle chiles in adobo sauce canned chopped
- ☐ 0.3 cup cilantro leaves finely chopped
- ☐ 3 garlic cloves
- ☐ 1 pound tomatoes
- ☐ 0.5 large onion white cut into 4 wedges

Equipment

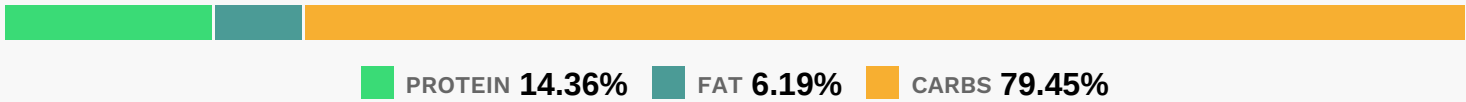
- ☐ bowl
- ☐ frying pan

- ☐ blender
- ☐ tongs

Directions

- ☐ Heat a dry large heavy nonreactive skillet (not nonstick) over medium heat until hot, then cook tomatoes, onion, and garlic, turning with tongs, until all are blackened in spots, 10 to 12 minutes. Purée in a blender with chiles and 3/4 teaspoon salt (use caution when blending hot foods). Return to skillet and simmer, stirring occasionally, until slightly thickened, 15 to 20 minutes.
- ☐ Transfer to a bowl and cool to room temperature, then stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:12.7, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:2.2030435146197%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 13.6kcal (0.68%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.62g (1.8%), Cholesterol: 0mg (0%), Sodium: 2.92mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.09%), Vitamin C: 7.16mg (8.68%), Vitamin A: 405.14IU (8.1%), Vitamin K: 4.87µg (4.64%), Manganese: 0.08mg (3.91%), Potassium: 124.14mg (3.55%), Fiber: 0.85g (3.41%), Vitamin B6: 0.06mg (2.85%), Folate: 8.5µg (2.13%), Vitamin E: 0.26mg (1.71%), Copper: 0.03mg (1.66%), Magnesium: 6.07mg (1.52%), Vitamin B1: 0.02mg (1.49%), Phosphorus: 14.63mg (1.46%), Vitamin B3: 0.29mg (1.44%), Iron: 0.2mg (1.09%)