



Chunky Chile Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 ancho dried
- 0.5 teaspoon coarse salt
- 0.5 cup flat-leaf parsley leaves fresh chopped
- 0.8 teaspoon coarsely ground pepper black
- 1 juice of lime
- 1 small onion diced red
- 1.5 pounds tomatoes diced

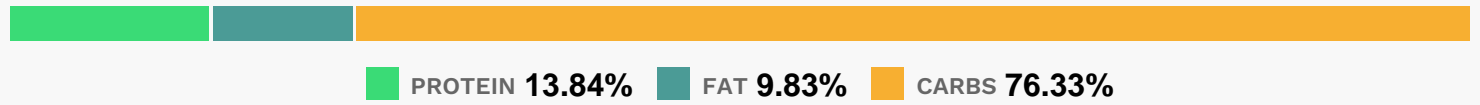
Equipment

bowl

Directions

- In a small bowl, soak chile in 1/2 cup boiling water until softened, 5 to 10 minutes. Discard liquid.
- Let chile dry, split open and remove seeds and hard bits. Finely chop chile; transfer to a serving bowl.
- Toss in tomatoes, onion, parsley, lime juice, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.81, Inflammation Score:-8, Nutrition Score:6.3060870371435%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 25.16kcal (1.26%), Fat: 0.32g (0.49%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 5.55g (1.85%), Net Carbohydrates: 3.75g (1.36%), Sugar: 3.14g (3.49%), Cholesterol: 0mg (0%), Sodium: 104.23mg (4.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.01%), Vitamin K: 48.89µg (46.56%), Vitamin A: 1457.59IU (29.15%), Vitamin C: 13.44mg (16.29%), Fiber: 1.8g (7.19%), Potassium: 220.76mg (6.31%), Manganese: 0.12mg (6.05%), Vitamin B6: 0.08mg (4.18%), Folate: 15.81µg (3.95%), Vitamin B3: 0.64mg (3.19%), Vitamin B2: 0.05mg (3.03%), Iron: 0.52mg (2.88%), Magnesium: 11.39mg (2.85%), Vitamin E: 0.43mg (2.83%), Copper: 0.05mg (2.49%), Phosphorus: 22.9mg (2.29%), Vitamin B1: 0.03mg (2.03%), Calcium: 13.5mg (1.35%), Zinc: 0.17mg (1.15%), Vitamin B5: 0.1mg (1.04%)