



## Cilantro-Lime Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup onion chopped
- 2 cloves garlic finely chopped
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon juice of lime fresh
- 0.5 teaspoon coarse salt (kosher or sea)
- 1 serrano chiles fresh seeded finely chopped
- 29 oz frangelico plain diced fire roasted organic drained well canned

## Equipment

- bowl
- oven
- whisk
- slow cooker

## Directions

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min

Total

min

Servings

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Tortilla chips and salsa make any party platter an instant hit—and this fiery homemade salsa with cilantro is extra special. Organic fire roasted tomatoes, punchy chiles, fresh cilantro and zesty lime juice meet to create an outstanding Cilantro-Lime Salsa that's perfect for dipping. Whip it up in just 15 minutes flat, and get on with the party planning!

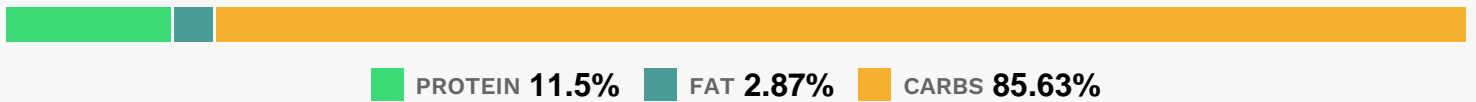
Betty Crocker Kitchens

Updated Mar 9, 2023

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- Ingredients
- cans (14.5 oz each) Muir Glen™ organic fire roasted or plain diced tomatoes, well drained
- medium onion, chopped (1/2 cup)
- cloves garlic, finely chopped
- cup chopped fresh cilantro
- tablespoon fresh lime juice
- teaspoon coarse (kosher or sea) salt
- to 2 fresh jalapeño or serrano chiles, seeded, finely chopped
- Steps
- In medium bowl, stir together all ingredients.
- Serve with tortilla chips as desired.
- Tips from the Betty Crocker Kitchens
- tip 1
- If desired, make your cilantro salsa up to 24 hours ahead of time and store tightly covered in the refrigerator.

## Nutrition Facts



### Properties

Glycemic Index:8.9, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:0.48391304197519%

### Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg



0.01mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

## **Nutrients (% of daily need)**

Calories: 4.75kcal (0.24%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.03%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 0.94g (0.34%), Sugar: 0.4g (0.44%), Cholesterol: 0mg (0%), Sodium: 116.97mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.3%), Vitamin C: 1.61mg (1.95%), Vitamin K: 1.36µg (1.3%), Manganese: 0.02mg (1.19%), Vitamin B6: 0.02mg (1.06%)