



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

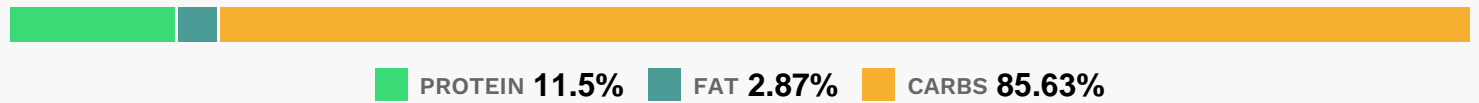
bowl

Directions

In medium bowl, stir together all ingredients.

Serve with tortilla chips as desired.

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 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%)