



Cilantro-Lime Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon coarse salt (kosher or sea)
- ☐ 29 oz tomatoes plain diced fire roasted organic drained well muir glen® canned
- ☐ 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

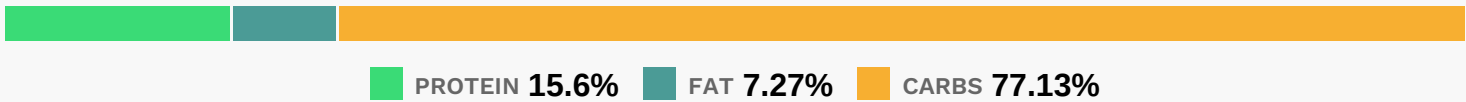
Equipment

bowl

Directions

- In medium bowl, stir together all ingredients.
- Serve with tortilla chips as desired.

Nutrition Facts



Properties

Glycemic Index:12.7, Glycemic Load:1.06, Inflammation Score:-5, Nutrition Score:3.6495651991471%

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: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg 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: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 19.55kcal (0.98%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 4.33g (1.44%), Net Carbohydrates: 3.15g (1.15%), Sugar: 2.56g (2.84%), Cholesterol: 0mg (0%), Sodium: 121.08mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.75%), Vitamin C: 12.87mg (15.6%), Vitamin A: 718.42IU (14.37%), Vitamin K: 7.86µg (7.48%), Potassium: 214.63mg (6.13%), Manganese: 0.12mg (5.87%), Fiber: 1.17g (4.7%), Vitamin B6: 0.09mg (4.35%), Folate: 14.41µg (3.6%), Vitamin E: 0.46mg (3.09%), Copper: 0.06mg (2.78%), Vitamin B3: 0.52mg (2.59%), Magnesium: 10.35mg (2.59%), Vitamin B1: 0.04mg (2.42%), Phosphorus: 23.61mg (2.36%), Iron: 0.26mg (1.46%), Calcium: 11.76mg (1.18%), Vitamin B2: 0.02mg (1.16%), Zinc: 0.17mg (1.1%)