



WHATSHEATE



Classic Salsa Fresca



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup green onions sliced
- ☐ 1.5 tbsp jalapeño chile minced
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 6 servings salt to taste
- ☐ 1.5 cups tomatoes ripe chopped

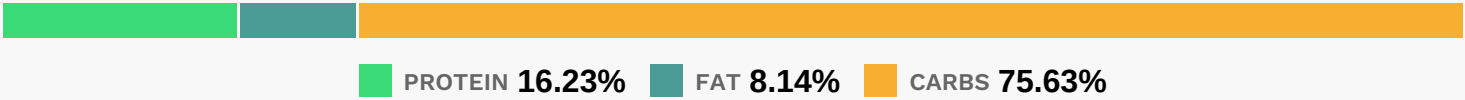
Equipment

- ☐ bowl

Directions

☐ In a bowl, combine chopped ripe tomatoes, sliced green onions, minced jalapeo chile, and fresh lemon juice. Season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.49, Inflammation Score:-4, Nutrition Score:2.5317391570172%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 9.31kcal (0.47%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 2.06g (0.69%), Net Carbohydrates: 1.39g (0.51%), Sugar: 1.25g (1.39%), Cholesterol: 0mg (0%), Sodium: 196.44mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin C: 10.66mg (12.92%), Vitamin K: 12.26µg (11.68%), Vitamin A: 392.31IU (7.85%), Potassium: 109.98mg (3.14%), Manganese: 0.05mg (2.67%), Fiber: 0.66g (2.65%), Vitamin B6: 0.05mg (2.42%), Vitamin E: 0.36mg (2.4%), Folate: 9.43µg (2.36%), Vitamin B3: 0.29mg (1.46%), Magnesium: 5.55mg (1.39%), Copper: 0.03mg (1.37%), Vitamin B1: 0.02mg (1.18%), Phosphorus: 11.52mg (1.15%)