

Creamy Salsa Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 16 ounce carton cream sour low-fat
- ☐ 3 tablespoons cilantro leaves fresh divided chopped
- ☐ 2 garlic cloves minced
- ☐ 1 jalapeno seeded finely chopped
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion finely chopped
- ☐ 1 teaspoon habanero pepper sauce or any hot pepper sauce hot

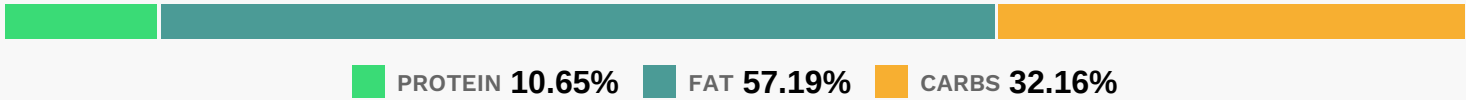
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large nonstick skillet over medium heat.
- ☐ Add onion, garlic, and jalapeo; cover and cook 3 minutes or until onion is tender.
- ☐ Add tomatoes; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes. Cool completely. Stir in 2 tablespoons cilantro, pepper sauce, and sour cream. Cover and chill.
- ☐ Sprinkle with the remaining 1 tablespoon cilantro.

Nutrition Facts



Properties

Glycemic Index:9.94, Glycemic Load:0.67, Inflammation Score:-2, Nutrition Score:2.4830434711083%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 54.05kcal (2.7%), Fat: 3.59g (5.52%), Saturated Fat: 1.95g (12.21%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.93g (1.43%), Sugar: 1.45g (1.61%), Cholesterol: 9.92mg (3.31%), Sodium: 64.39mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (3.01%), Vitamin C: 4.35mg (5.27%), Calcium: 50.72mg (5.07%), Potassium: 147.11mg (4.2%), Vitamin E: 0.51mg (3.42%), Vitamin A: 163.26IU (3.27%), Phosphorus: 30.66mg (3.07%), Manganese: 0.06mg (3.05%), Vitamin B2: 0.05mg (2.95%), Vitamin B6: 0.06mg (2.95%), Copper: 0.06mg (2.76%), Fiber: 0.61g (2.43%), Vitamin B1: 0.03mg (2.28%), Magnesium: 8.73mg (2.18%), Vitamin K: 2.23µg (2.12%), Iron: 0.38mg (2.1%), Vitamin B12: 0.12µg (1.98%), Folate: 7.72µg (1.93%), Vitamin B3: 0.35mg (1.77%), Selenium: 1.12µg (1.59%), Zinc: 0.23mg (1.51%)