



## Dressed-up Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 tablespoons cilantro leaves fresh chopped
- 2 garlic clove minced
- 1 jalapeno seeded chopped
- 2.5 tablespoons juice of lime fresh
- 24 oz salsa

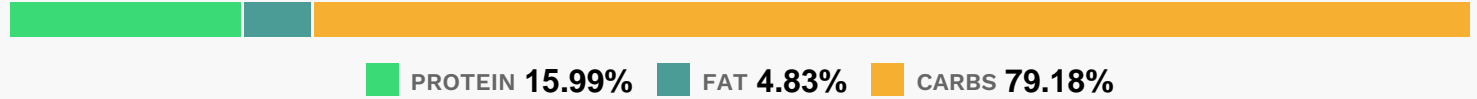
## Equipment

- food processor
- blender

## Directions

- Pulse all ingredients in a food processor or blender 3 to 4 times or until mixture is thoroughly combined.
- Note: For testing purposes only, we used Pace Chunky Medium Salsa.

## Nutrition Facts



## Properties

Glycemic Index:9.4, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:2.8717391076295%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 22kcal (1.1%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 5.2g (1.73%), Net Carbohydrates: 3.9g (1.42%), Sugar: 2.72g (3.02%), Cholesterol: 0mg (0%), Sodium: 446.61mg (19.42%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin A: 351.71IU (7.03%), Vitamin B6: 0.13mg (6.73%), Vitamin E: 0.89mg (5.95%), Potassium: 186.43mg (5.33%), Vitamin C: 4.3mg (5.21%), Fiber: 1.29g (5.18%), Manganese: 0.09mg (4.47%), Vitamin B3: 0.79mg (3.95%), Vitamin K: 3.52µg (3.35%), Magnesium: 10.9mg (2.72%), Copper: 0.05mg (2.4%), Phosphorus: 23.64mg (2.36%), Calcium: 20.91mg (2.09%), Vitamin B1: 0.03mg (1.77%), Iron: 0.31mg (1.69%), Vitamin B5: 0.15mg (1.51%), Vitamin B2: 0.02mg (1.42%), Selenium: 0.71µg (1.01%)