



WHATSheATE

Easy Blender Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



28

CALORIES



6 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28.8 ounce tomatoes diced canned
- ☐ 0.5 bunch cilantro leaves
- ☐ 1 jalapeño chile
- ☐ 1 tablespoon juice of lemon fresh to taste
- ☐ 28 servings salt to taste
- ☐ 0.5 onion yellow quartered

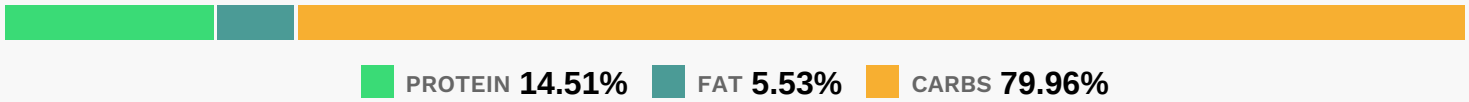
Equipment

- ☐ blender

Directions

- ☐ Pour 1 can of tomatoes into a blender, and add the jalapeno pepper, onion, cilantro leaves, lemon juice, and salt. Blend until fairly smooth.
- ☐ Pour in the second can of tomatoes and blend briefly. Adjust seasonings to taste by adding more lemon juice and salt.
- ☐ Let the salsa rest for 1/2 hour before serving to allow the flavors to blend.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.0586956621188%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 6.04kcal (0.3%), Fat: 0.04g (0.07%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 1.42g (0.47%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.81g (0.9%), Cholesterol: 0mg (0%), Sodium: 235.65mg (10.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Vitamin C: 3.7mg (4.48%), Vitamin B6: 0.04mg (1.86%), Potassium: 60.26mg (1.72%), Iron: 0.29mg (1.63%), Vitamin E: 0.22mg (1.47%), Fiber: 0.34g (1.38%), Manganese: 0.03mg (1.33%), Vitamin K: 1.39µg (1.32%), Vitamin B3: 0.22mg (1.09%), Copper: 0.02mg (1.08%), Vitamin B2: 0.02mg (1.01%)