



Ecuadoran Tamarillo Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 teaspoon olive oil
- ☐ 2 large spring onion white green coarsely chopped (and pale parts only)
- ☐ 1 serrano chiles fresh with seeds if desired coarsely chopped red (preferably)
- ☐ 1 small tomato fresh red (tree tomato)
- ☐ 1 tablespoon water

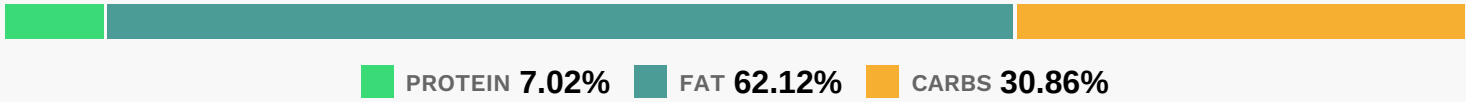
Equipment

☐ blender

Directions

- ☐ Halve tamarillo lengthwise, then scoop seeds and flesh into a blender, discarding shell; or coarsely chop tomato and transfer to blender.
- ☐ Add remaining ingredients and 1/2 teaspoon salt and coarsely purée.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:4.1439129872167%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 27.31kcal (1.37%), Fat: 2.06g (3.17%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 1.51g (0.55%), Sugar: 0.76g (0.84%), Cholesterol: 0mg (0%), Sodium: 4.86mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.05%), Vitamin K: 53.94µg (51.37%), Vitamin C: 7.01mg (8.49%), Vitamin A: 292.11IU (5.84%), Folate: 17.06µg (4.27%), Fiber: 0.79g (3.17%), Vitamin E: 0.47mg (3.11%), Potassium: 82.14mg (2.35%), Manganese: 0.05mg (2.35%), Iron: 0.41mg (2.29%), Calcium: 19.06mg (1.91%), Vitamin B6: 0.03mg (1.58%), Magnesium: 5.99mg (1.5%), Vitamin B2: 0.02mg (1.36%), Copper: 0.03mg (1.35%), Phosphorus: 10.9mg (1.09%), Vitamin B1: 0.02mg (1.08%)