



## Fairly Fast Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon chipotles in adobo pureed
- 0.8 cup cilantro leaves fresh
- 2 cloves garlic
- 1 jalapeno seeded sliced in half lengthwise and
- 2 tablespoons juice of lime fresh
- 1 onion halved
- 4 teaspoons salt
- 5 tomatoes halved

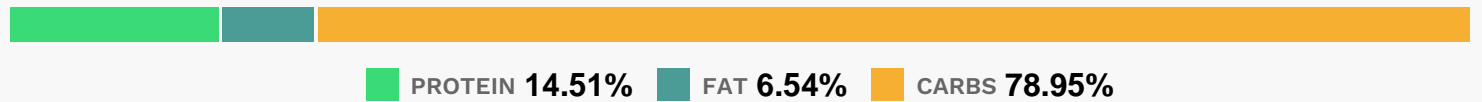
## Equipment

- baking sheet
- oven
- blender
- aluminum foil
- broiler

## Directions

- Preheat oven's broiler and set the oven rack about 6 inches from the heat source. Line a large baking sheet with aluminum foil.
- Arrange the tomatoes, onion, and jalapeno pepper on the prepared baking sheet.
- Roast the vegetables under the broiler until the skins are blackened, about 10 minutes.
- Combine the roasted vegetables, garlic, cilantro, lime juice, salt, and chipotle peppers in a blender; blend to desired consistency. Store unused portions in refrigerator up to 1 week.

## Nutrition Facts



## Properties

Glycemic Index:79.5, Glycemic Load:4.66, Inflammation Score:-10, Nutrition Score:16.639565265697%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 2.15mg, Naringenin: 2.15mg, Naringenin: 2.15mg, Naringenin: 2.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 16.61mg, Quercetin: 16.61mg, Quercetin: 16.61mg, Quercetin: 16.61mg

## Nutrients (% of daily need)

Calories: 90.65kcal (4.53%), Fat: 0.75g (1.16%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 15.08g (5.49%), Sugar: 11.21g (12.46%), Cholesterol: 0mg (0%), Sodium: 4672.34mg (203.15%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.51%), Vitamin C: 61.56mg (74.61%), Vitamin A: 3050.81IU (61.02%), Vitamin K: 44.55µg (42.43%), Manganese: 0.52mg (25.94%), Potassium: 888.23mg (25.38%), Fiber: 5.36g (21.45%), Vitamin B6: 0.39mg (19.66%), Folate: 63.78µg (15.94%), Vitamin E: 2.11mg (14.05%), Copper: 0.24mg (11.81%), Magnesium: 44.01mg (11%), Vitamin B3: 2.09mg (10.44%), Vitamin B1: 0.16mg (10.38%), Phosphorus: 101.14mg (10.11%), Iron: 1.23mg (6.85%), Calcium: 58.67mg (5.87%), Vitamin B2: 0.09mg (5.5%), Zinc: 0.71mg (4.77%), Vitamin B5: 0.43mg (4.34%), Selenium: 0.81µg (1.16%)