



## Fast and Simple Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



7

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup chile peppers green chopped
- 1 onion chopped
- 1 teaspoon salt
- 6 large tomatoes chopped
- 1 teaspoon vinegar

### Equipment

- bowl

## Directions

- Combine the tomatoes, onion, and green chile peppers in a bowl; drain briefly. Return the mixture to the bowl; stir the vinegar and salt into the tomato mixture.

## Nutrition Facts

**PROTEIN 14.19%** **FAT 6.77%** **CARBS 79.04%**

## Properties

Glycemic Index:16.43, Glycemic Load:1.92, Inflammation Score:-7, Nutrition Score:6.5969565222445%

## Flavonoids

Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg, Isorhamnetin: 0.79mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

## Nutrients (% of daily need)

Calories: 38.83kcal (1.94%), Fat: 0.33g (0.5%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 5.94g (2.16%), Sugar: 5.3g (5.89%), Cholesterol: 0mg (0%), Sodium: 394.17mg (17.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.09%), Vitamin C: 24.46mg (29.65%), Vitamin A: 1299.79IU (26%), Vitamin K: 12.39µg (11.8%), Potassium: 392.75mg (11.22%), Fiber: 2.67g (10.68%), Manganese: 0.2mg (9.97%), Vitamin B6: 0.14mg (7.18%), Folate: 26.39µg (6.6%), Vitamin E: 0.85mg (5.64%), Copper: 0.1mg (4.92%), Vitamin B3: 0.94mg (4.72%), Magnesium: 18.75mg (4.69%), Vitamin B1: 0.06mg (4.33%), Phosphorus: 42.03mg (4.2%), Iron: 0.46mg (2.54%), Vitamin B2: 0.03mg (1.99%), Zinc: 0.29mg (1.95%), Calcium: 19.46mg (1.95%), Vitamin B5: 0.16mg (1.58%)