



Fiery Fruit Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 oz canned tomatoes diced fire roasted organic drained canned
- ☐ 0.3 cup spring onion sliced (4 medium)
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon chipotles in adobo finely chopped
- ☐ 0.3 teaspoon coarse salt (kosher or sea)

Equipment

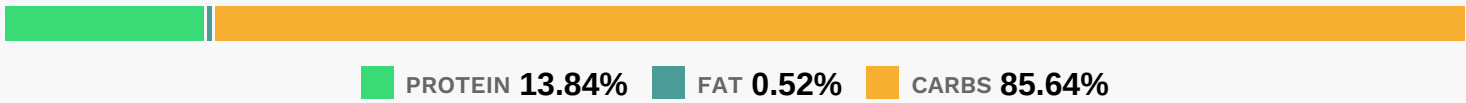
- ☐ food processor

☐ bowl

Directions

- ☐ In food processor, place drained tomatoes. Cover; process until coarsely chopped.
- ☐ Place in medium bowl.
- ☐ Stir in remaining ingredients.
- ☐ Serve with meat or fish, or with tortilla chips as desired.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:1.2995652219524%

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 Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 18.3kcal (0.92%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 3.09g (1.12%), Sugar: 1.78g (1.98%), Cholesterol: 0mg (0%), Sodium: 203.19mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.23%), Vitamin K: 9.05µg (8.62%), Vitamin A: 325.88IU (6.52%), Vitamin C: 2.8mg (3.4%), Fiber: 0.73g (2.93%), Iron: 0.46mg (2.54%), Calcium: 24.05mg (2.41%)