



Fiery Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons chipotles in adobo canned (from chipotle peppers)
- 28 ounce canned tomatoes diced undrained canned
- 1 teaspoon chipotles in adobo canned chopped
- 0.5 cup corn whole frozen
- 0.3 cup cilantro leaves fresh chopped
- 4 garlic clove minced
- 0.5 jalapeno minced seeded
- 2 tablespoons juice of lime

- 2 large onion thinly sliced
- 0.3 teaspoon salt
- 2 tablespoons vegetable oil

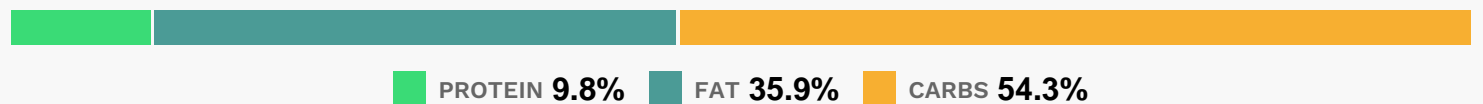
Equipment

- sauce pan
- blender

Directions

- Saute onion and garlic in hot oil in a large saucepan over medium-high heat 5 minutes or until tender.
- Add tomatoes and next 3 ingredients. Bring to a boil. Reduce heat to medium-low; cook, covered, 10 minutes, stirring occasionally.
- Process 1 cup tomato mixture in blender until smooth, stopping to scrape down sides; return to saucepan.
- Stir in corn and salt; cook 3 minutes or until thoroughly heated. Stir in cilantro and lime juice.
- Serve with blue corn chips.
- NOTE: Spice flavor increases when chilled overnight.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:7.89, Inflammation Score:-8, Nutrition Score:18.256956712059%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg, Isorhamnetin: 5.01mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 21.24mg, Quercetin: 21.24mg, Quercetin: 21.24mg, Quercetin: 21.24mg

Nutrients (% of daily need)

Calories: 236.1kcal (11.8%), Fat: 10.31g (15.86%), Saturated Fat: 1.59g (9.95%), Carbohydrates: 35.08g (11.69%), Net Carbohydrates: 27.63g (10.05%), Sugar: 16.53g (18.37%), Cholesterol: 0mg (0%), Sodium: 589.42mg (25.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Vitamin C: 39.54mg (47.93%), Manganese: 0.7mg (35.22%), Vitamin K: 35.79µg (34.09%), Fiber: 7.45g (29.82%), Vitamin B6: 0.58mg (29.1%), Potassium: 990.78mg (28.31%), Vitamin E: 4.21mg (28.07%), Copper: 0.55mg (27.49%), Iron: 3.93mg (21.86%), Vitamin B3: 3.63mg (18.16%), Vitamin B1: 0.26mg (17.37%), Magnesium: 68.17mg (17.04%), Folate: 63.22µg (15.81%), Vitamin A: 691.62IU (13.83%), Phosphorus: 132.69mg (13.27%), Calcium: 123.4mg (12.34%), Vitamin B2: 0.18mg (10.47%), Vitamin B5: 0.91mg (9.1%), Zinc: 1.02mg (6.79%), Selenium: 2.69µg (3.84%)