



## Fiesta Onion Salsa

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



32

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4.5 ounce chiles green drained chopped canned
- 0.1 teaspoon ground cumin
- 0.1 teaspoon hot sauce
- 3 tablespoons olives ripe sliced
- 1 cup onion chopped (1 large)
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 0.8 cup tomatoes chopped (1 medium)

2 tablespoons citrus champagne vinegar

0.3 teaspoon worcestershire sauce

## Equipment

bowl

## Directions

Combine all ingredients in a medium bowl; cover and chill at least 2 hours.

Serve with baked tortilla chips (chips not included in analysis).

Tip: This salsa is also great on grilled chicken and fish.

## Nutrition Facts



## Properties

Glycemic Index:3.19, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:0.46043478713735%

## Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

## Nutrients (% of daily need)

Calories: 4.82kcal (0.24%), Fat: 0.14g (0.21%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 0.84g (0.28%), Net Carbohydrates: 0.61g (0.22%), Sugar: 0.31g (0.35%), Cholesterol: 0mg (0%), Sodium: 47.18mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.25%), Vitamin C: 2.23mg (2.71%)