



Fire and Fruit Yellow Tomato Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 teaspoon cracked coriander seeds
- 1.5 teaspoons ginger fresh minced
- 1 green onion diagonally sliced
- 0.5 teaspoon kosher salt
- 1 tablespoon brown sugar light packed
- 0.8 cup mangos chopped
- 1 tablespoon olive oil
- 2 tablespoons onion red finely chopped

- 0.5 medium serrano chile very thinly sliced
- 0.5 pound firm-ripe tomatoes yellow cut in wedges
- 2 tablespoons unseasoned rice vinegar

Equipment

- bowl
- sauce pan
- ziploc bags
- rolling pin
- mortar and pestle

Directions

- In a medium bowl, combine tomatoes, chile, mango, red onion, and ginger.
- Warm oil in a small saucepan over medium-high heat.
- Add coriander and cook, stirring, until medium brown, about 1 minute.
- Remove from heat and carefully stir in brown sugar, vinegar, and salt.
- Pour warm spice mixture over tomato mixture and let stand 30 to 60 minutes for flavors to develop. Just before serving, stir in green onion.
- *Crack seeds using a mortar and pestle, or seal them in a plastic bag and whack with a rolling pin.
- Add
- Heat to Taste: You can control the heat of a salsa by adjusting the heat of the chiles. Slice off the top of each chile, being sure to cut through the ribs and seeds, where the heat-producing compound capsaicin is concentrated. Test the chile's fire by touching the top to your tongue (each chile has a different heat level). Adjust the heat, if you want a milder salsa, by splitting the chile and scraping out some or all of the ribs and seeds. If your skin is sensitive, wear kitchen gloves or hold chiles with a fork—and don't touch your eyes.

Nutrition Facts



PROTEIN 5.02% **FAT 43.25%** **CARBS 51.73%**

Properties

Glycemic Index:21.97, Glycemic Load:1.16, Inflammation Score:-2, Nutrition Score:2.2626087134299%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 38.07kcal (1.9%), Fat: 1.94g (2.98%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 5.21g (1.74%), Net Carbohydrates: 4.56g (1.66%), Sugar: 3.74g (4.15%), Cholesterol: 0mg (0%), Sodium: 153.07mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.01%), Vitamin C: 8.89mg (10.77%), Vitamin K: 4.86µg (4.63%), Folate: 16.73µg (4.18%), Vitamin A: 185.89IU (3.72%), Potassium: 114.91mg (3.28%), Manganese: 0.06mg (2.96%), Vitamin E: 0.4mg (2.69%), Copper: 0.05mg (2.64%), Fiber: 0.65g (2.61%), Vitamin B3: 0.46mg (2.32%), Vitamin B6: 0.04mg (2.07%), Magnesium: 6.75mg (1.69%), Phosphorus: 15.17mg (1.52%), Iron: 0.26mg (1.45%), Vitamin B2: 0.02mg (1.31%), Vitamin B1: 0.02mg (1.25%)