



Fire Roasted Tomato and Chipotle Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



24

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon chipotle chile pepper mccormick® gourmet collection®
- ☐ 2 tablespoons olive oil extra virgin divided
- ☐ 0.5 teaspoon garlic powder mccormick® gourmet collection®
- ☐ 0.5 teaspoon ground cumin mccormick® gourmet collection®
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 cup onions sweet chopped
- ☐ 4 medium tomatoes ripe

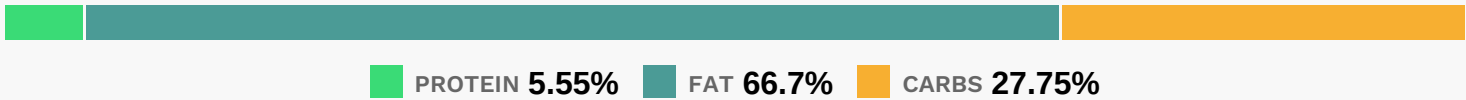
Equipment

☐ grill

Directions

- ☐ Rub tomatoes with 1 tablespoon olive oil. Grill over high heat, turning frequently until tomato skin is charred. Finely chop tomatoes.
- ☐ Combine tomatoes with remaining ingredients, cover and refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:2, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:0.96173913550118%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 15.56kcal (0.78%), Fat: 1.23g (1.89%), Saturated Fat: 0.17g (1.06%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.7g (0.78%), Cholesterol: 0mg (0%), Sodium: 98.33mg (4.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.46%), Vitamin C: 3.08mg (3.73%), Vitamin A: 171.62IU (3.43%), Vitamin K: 2.33µg (2.22%), Vitamin E: 0.28mg (1.88%), Potassium: 52.82mg (1.51%), Manganese: 0.03mg (1.35%), Fiber: 0.32g (1.27%)