



Fire-Roasted Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



3 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bunch cilantro leaves ends trimmed
- ☐ 2 garlic cloves peeled
- ☐ 1 large jalapeño stemmed
- ☐ 2 teaspoons kosher salt
- ☐ 4 medium tomatoes cored

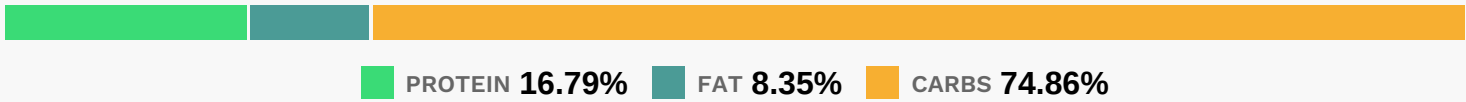
Equipment

- ☐ blender
- ☐ grill

Directions

- ☐ Heat grill to high. Set tomatoes and jalapeo on cooking grate and grill without turning until charred and bubbly on the bottom, with some color on top, about 15 minutes.
- ☐ Transfer vegetables to a blender and add remaining ingredients. Whirl until well blended, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:4.4, Glycemic Load:0.19, Inflammation Score:-1, Nutrition Score:0.79304347689385%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 3.45kcal (0.17%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.45g (0.51%), Cholesterol: 0mg (0%), Sodium: 156.02mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.33%), Vitamin C: 2.93mg (3.56%), Vitamin A: 159.66IU (3.19%), Vitamin K: 2.21µg (2.11%), Potassium: 42.25mg (1.21%), Manganese: 0.02mg (1.2%)