



Five Pepper Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 anaheim chile peppers diced



2 banana peppers diced



28 ounce tomato sauce canned



28 ounce canned tomatoes diced canned



2 tablespoons chili powder



2 tablespoons cornstarch



2 large bell peppers diced green



1.5 teaspoons penzey's southwest seasoning italian

- ☐ 4 jalapeño peppers fresh diced
- ☐ 1 large onion diced
- ☐ 1 large bell pepper diced red
- ☐ 2 teaspoons salt
- ☐ 1 tablespoon splenda® brown sugar blend
- ☐ 6 ounce tomato paste canned
- ☐ 0.3 cup water
- ☐ 0.3 cup vinegar white

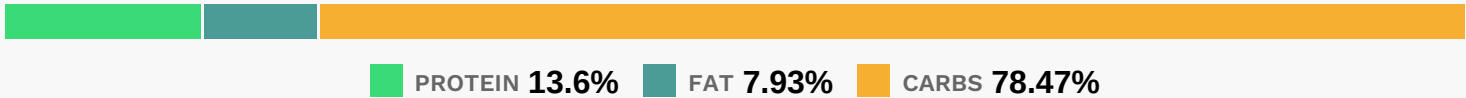
Equipment

- ☐ pot

Directions

- ☐ In a large pot, mix the onion, tomatoes, green bell peppers, red bell pepper, Anaheim chile peppers, banana peppers, and jalapeno peppers. Stir in the tomato sauce, tomato paste, vinegar, diced tomatoes, and SPLENDA® Brown Sugar Blend. Season with chili powder, Italian seasoning, and salt. Bring to a boil, reduce heat to low, and simmer 1 hour.
- ☐ Mix the cornstarch and water, and stir into the salsa to thicken.
- ☐ Transfer salsa to sterilized jars, leaving 1/2 inch headroom, and seal. Process jars in a boiling water bath 15 minutes. Store unsealed jars in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:46.17, Glycemic Load:6.7, Inflammation Score:-10, Nutrition Score:23.5099999772777%

Flavonoids

Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg, Luteolin: 2.87mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 150.76kcal (7.54%), Fat: 1.5g (2.31%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 33.39g (11.13%), Net Carbohydrates: 24.27g (8.83%), Sugar: 18.59g (20.65%), Cholesterol: 0mg (0%), Sodium: 1725.72mg (75.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.58%), Vitamin C: 120.93mg (146.58%), Vitamin A: 2887.93IU (57.76%), Vitamin E: 6.02mg (40.12%), Fiber: 9.12g (36.48%), Vitamin B6: 0.71mg (35.73%), Manganese: 0.66mg (32.85%), Potassium: 1143.89mg (32.68%), Copper: 0.54mg (26.9%), Iron: 4.42mg (24.56%), Vitamin K: 25.67µg (24.45%), Vitamin B3: 4.33mg (21.63%), Magnesium: 70.82mg (17.7%), Folate: 61µg (15.25%), Vitamin B1: 0.22mg (14.91%), Vitamin B2: 0.25mg (14.76%), Phosphorus: 125.42mg (12.54%), Vitamin B5: 1.09mg (10.93%), Calcium: 106.11mg (10.61%), Zinc: 1.06mg (7.08%), Selenium: 2.65µg (3.79%)