



## Fourth-of-July Firecracker Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 cup cilantro leaves coarsely chopped
- ☐ 3 garlic cloves minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 medium onion minced
- ☐ 3 small chiles red minced seeded
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 pounds tomatoes coarsely chopped

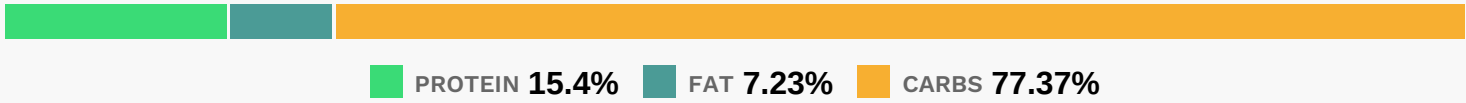
### Equipment

☐ bowl

## Directions

- ☐ In a bowl, combine the tomatoes with the onion, cilantro, chiles, garlic and lime juice. Season with salt and pepper and stir.
- ☐ Let stand at room temperature for 20 minutes before serving.
- ☐ Wine Recommendation: The lime accents and spiciness of this tomato salsa point to a relatively simple, bright, cooling lager from Mexico, such as Tecate or Corona.

## Nutrition Facts



## Properties

Glycemic Index:43, Glycemic Load:4.21, Inflammation Score:-9, Nutrition Score:14.90260873411%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 1.57mg, Naringenin: 1.57mg, Naringenin: 1.57mg, Naringenin: 1.57mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg, Quercetin: 8.03mg

## Nutrients (% of daily need)

Calories: 71.01kcal (3.55%), Fat: 0.66g (1.01%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 15.81g (5.27%), Net Carbohydrates: 11.99g (4.36%), Sugar: 9.09g (10.1%), Cholesterol: 0mg (0%), Sodium: 210.72mg (9.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.29%), Vitamin C: 85.1mg (103.15%), Vitamin A: 2349.97IU (47%), Vitamin K: 29.04µg (27.65%), Vitamin B6: 0.42mg (20.95%), Potassium: 714.59mg (20.42%), Manganese: 0.41mg (20.26%), Fiber: 3.83g (15.31%), Folate: 49.06µg (12.27%), Vitamin E: 1.53mg (10.21%), Copper: 0.2mg (10.07%), Magnesium: 37.15mg (9.29%), Vitamin B3: 1.85mg (9.24%), Vitamin B1: 0.13mg (8.57%), Phosphorus: 82.37mg (8.24%), Iron: 1.1mg (6.11%), Vitamin B2: 0.09mg (5.08%), Calcium: 40.31mg (4.03%), Zinc: 0.56mg (3.75%), Vitamin B5: 0.34mg (3.38%)