



Francisco's Blender Salsa

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

5 min.

SERVINGS

servings

5

CALORIES

calories

47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 30 ounce tomatoes diced with green chile peppers, partially drained canned
- ☐ 1 bunch cilantro leaves fresh
- ☐ 2 tablespoons juice of lime
- ☐ 1 small onion
- ☐ 6 ounce tomato paste canned

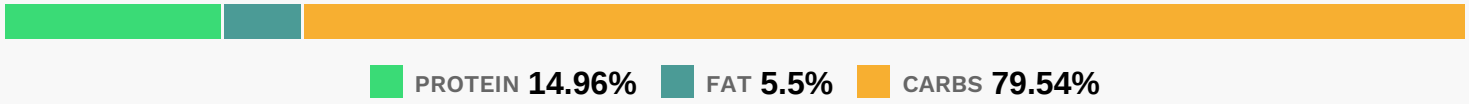
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ In a blender or food processor, puree the diced tomatoes with green chile peppers, tomato paste, cilantro, lime juice and onion.
- ☐ Serve at once, or refrigerate in sealed containers.

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:0.99, Inflammation Score:-5, Nutrition Score:7.7982609038768%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg

Nutrients (% of daily need)

Calories: 47.27kcal (2.36%), Fat: 0.34g (0.53%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 11.16g (3.72%), Net Carbohydrates: 8.5g (3.09%), Sugar: 6.25g (6.95%), Cholesterol: 0mg (0%), Sodium: 289.56mg (12.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Vitamin C: 22.22mg (26.93%), Vitamin B6: 0.26mg (13.07%), Potassium: 455.26mg (13.01%), Iron: 2.16mg (11.97%), Vitamin K: 11.79µg (11.23%), Manganese: 0.22mg (10.96%), Vitamin E: 1.64mg (10.92%), Fiber: 2.65g (10.62%), Copper: 0.19mg (9.52%), Vitamin B3: 1.67mg (8.35%), Vitamin A: 383.4IU (7.67%), Vitamin B1: 0.11mg (7.4%), Vitamin B2: 0.12mg (6.97%), Magnesium: 27.81mg (6.95%), Calcium: 69.43mg (6.94%), Folate: 22.28µg (5.57%), Phosphorus: 48.87mg (4.89%), Vitamin B5: 0.33mg (3.29%), Zinc: 0.37mg (2.44%)