



Frank's Chopped Salsa

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

145 min.

SERVINGS

servings

16

CALORIES

calories

13 kcal

- ANTIPASTI
- STARTER
- SNACK
- APPETIZER

Ingredients

- ☐ 1 cup cabbage finely chopped
- ☐ 1 bunch cilantro leaves fresh chopped
- ☐ 6 cloves garlic minced
- ☐ 6 jalapeño peppers minced
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 small onion red finely chopped
- ☐ 7 roma tomato diced seeded (plum)
- ☐ 16 servings salt to taste

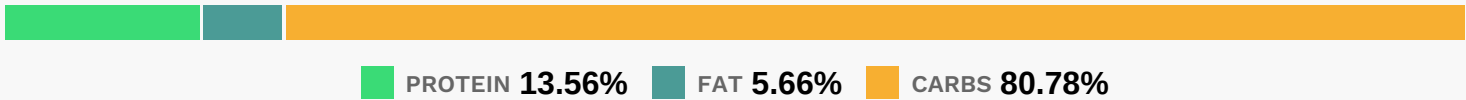
Equipment

☐ bowl

Directions

☐ Combine the tomatoes, garlic, jalapenos, red onion, cabbage, cilantro, and lime juice in a large bowl. Season to taste with salt. Refrigerate for several hours before serving.

Nutrition Facts



Properties

Glycemic Index:12.69, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:2.6517391554687%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 13.3kcal (0.67%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.35g (0.85%), Sugar: 1.46g (1.62%), Cholesterol: 0mg (0%), Sodium: 196.89mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin C: 14.05mg (17.03%), Vitamin K: 8.07µg (7.68%), Vitamin A: 323.33IU (6.47%), Manganese: 0.07mg (3.71%), Vitamin B6: 0.07mg (3.7%), Potassium: 107.84mg (3.08%), Fiber: 0.76g (3.03%), Vitamin E: 0.37mg (2.45%), Folate: 9.52µg (2.38%), Magnesium: 5.8mg (1.45%), Vitamin B1: 0.02mg (1.45%), Copper: 0.03mg (1.4%), Phosphorus: 13.67mg (1.37%), Vitamin B3: 0.27mg (1.34%)