



HEALTH SCORE

61%

Freezer Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



11

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 pound jalapeño chilies fresh
- ☐ 1 pound anaheim chilies fresh green (also called California or New Mexico)
- ☐ 1 cup cilantro leaves fresh minced
- ☐ 0.5 cup juice of lime
- ☐ 2 onions chopped (1 lb. total)
- ☐ 11 servings salt
- ☐ 5 pounds tomatoes cored ripe rinsed peeled chopped (or , if desired)

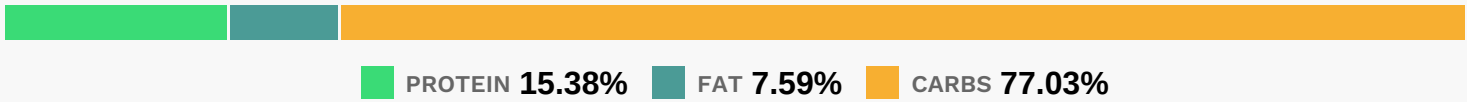
Equipment

☐ frying pan

Directions

- ☐ Lay poblano and jalapeo chilies in a single layer in a 10- by 15-inch pan. Broil 3 to 4 inches from heat, turning occasionally, until skins are blackened and blistered, 15 to 20 minutes.
- ☐ Let cool. Wearing gloves, pull off and discard skin, stems, veins, and seeds. Rinse chilies and chop coarsely.
- ☐ In a 6- to 8-quart pan, combine chilies, tomatoes, onions, cilantro, lime juice, and salt to taste. Bring to a boil over high heat, then simmer 10 minutes.
- ☐ Let salsa cool, then serve, chill airtight up to 3 days, or pack in easy-to-use portions in freezer containers and freeze up to 1 year.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:4.22, Inflammation Score:-9, Nutrition Score:14.775217390579%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 1.44mg, Naringenin: 1.44mg, Naringenin: 1.44mg, Naringenin: 1.44mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 68.81kcal (3.44%), Fat: 0.67g (1.04%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 11.74g (4.27%), Sugar: 9.2g (10.22%), Cholesterol: 0mg (0%), Sodium: 210.43mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Vitamin C: 107.49mg (130.29%), Vitamin A: 2312.22IU (46.24%), Vitamin K: 28.16µg (26.82%), Vitamin B6: 0.46mg (22.81%), Potassium: 704.3mg (20.12%), Manganese: 0.37mg (18.3%), Fiber: 3.67g (14.69%), Folate: 48.58µg (12.15%), Vitamin E: 1.53mg (10.22%), Copper: 0.2mg (10.12%), Vitamin B3: 1.92mg (9.6%), Magnesium: 37.8mg (9.45%), Vitamin B1: 0.13mg (8.42%), Phosphorus: 79.69mg (7.97%), Iron: 1.17mg (6.48%), Vitamin B2: 0.09mg (5.47%), Zinc: 0.54mg (3.57%), Calcium: 35.07mg (3.51%), Vitamin B5: 0.33mg (3.34%)