



Fresh ATHENOSÂ® Salsa

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz canned tomatoes diced green undrained canned
- 3 Tbsp cilantro leaves finely chopped
- 0.5 cup cucumbers peeled seeded chopped
- 8 oz athenos feta cheese crumbled traditional
- 3 cloves garlic minced
- 0.5 cup green onions chopped
- 0.5 cup pasilla peppers green chopped
- 3 Tbsp olive oil

- 2 cups tomatoes chopped
- 1 Tbsp heinz red wine vinegar

Equipment

Directions

- Mix all ingredients except cheese.
- Spread in 9-inch pie plate; top with cheese.
- Serve with tortilla chips and cut-up assorted fresh vegetables.

Nutrition Facts

PROTEIN 13.64% **FAT 71.42%** **CARBS 14.94%**

Properties

Glycemic Index:9.2, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:3.3256522183833%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 56.48kcal (2.82%), Fat: 4.61g (7.09%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 2.17g (0.72%), Net Carbohydrates: 1.68g (0.61%), Sugar: 0.93g (1.03%), Cholesterol: 10.09mg (3.36%), Sodium: 151.07mg (6.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin C: 7.09mg (8.6%), Vitamin K: 8.94µg (8.51%), Calcium: 65.35mg (6.53%), Vitamin B2: 0.11mg (6.52%), Phosphorus: 47.63mg (4.76%), Vitamin A: 233.75IU (4.67%), Vitamin B6: 0.09mg (4.65%), Vitamin E: 0.53mg (3.53%), Vitamin B12: 0.19µg (3.19%), Zinc: 0.4mg (2.65%), Selenium: 1.8µg (2.57%), Potassium: 89.36mg (2.55%), Manganese: 0.05mg (2.51%), Folate: 9.49µg (2.37%), Vitamin B1: 0.03mg (2.32%), Fiber: 0.48g (1.93%), Iron: 0.33mg (1.85%), Magnesium: 6.78mg (1.7%), Vitamin B3: 0.34mg (1.69%), Vitamin B5: 0.16mg (1.56%), Copper: 0.03mg (1.53%)