



Fresh Herb-and-Tomato Salsa with Smoked Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons basil shredded
- ☐ 2 tablespoons chives snipped
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 cups grape tomatoes mixed red yellow halved quartered
- ☐ 2.5 ounces monterrey jack cheese smoked diced finely
- ☐ 6 servings salt and pepper freshly ground

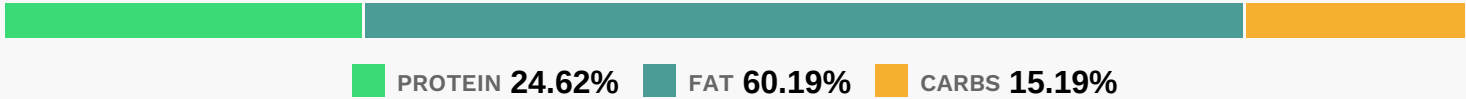
Equipment

☐ bowl

Directions

☐ In a medium bowl, toss the tomatoes with the cheese, cilantro, basil and chives. Season with salt and pepper and serve.

Nutrition Facts



Properties

Glycemic Index:35.33, Glycemic Load:0.54, Inflammation Score:-5, Nutrition Score:3.7886956450732%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 53.61kcal (2.68%), Fat: 3.69g (5.68%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.45g (0.53%), Sugar: 1.39g (1.55%), Cholesterol: 10.51mg (3.5%), Sodium: 267.51mg (11.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Vitamin A: 628.24IU (12.56%), Vitamin K: 11.18µg (10.65%), Calcium: 95.75mg (9.58%), Vitamin C: 7.69mg (9.32%), Phosphorus: 65.64mg (6.56%), Potassium: 135.72mg (3.88%), Manganese: 0.07mg (3.63%), Vitamin B2: 0.06mg (3.43%), Zinc: 0.45mg (3.02%), Folate: 11.49µg (2.87%), Vitamin B6: 0.05mg (2.62%), Fiber: 0.65g (2.6%), Selenium: 1.73µg (2.47%), Magnesium: 9.68mg (2.42%), Vitamin E: 0.32mg (2.15%), Copper: 0.04mg (1.94%), Vitamin B12: 0.1µg (1.63%), Vitamin B3: 0.33mg (1.63%), Iron: 0.27mg (1.5%), Vitamin B1: 0.02mg (1.44%)