

Fresh Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



20

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 cups tomatoes seeded drained chopped
- ☐ 0.5 cup onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 4 oz chilis green chopped canned
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper

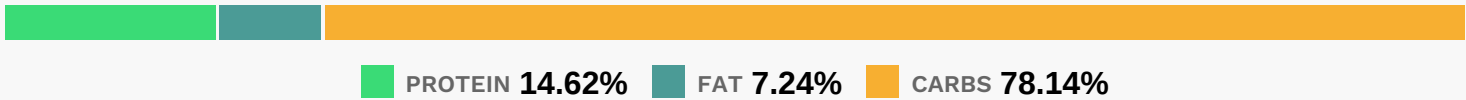
Equipment

☐ bowl

Directions

- ☐ Mix all ingredients in glass or plastic bowl.
- ☐ Cover and refrigerate at least 1 hour, but no longer than 1 week, to blend
- ☐ flavors.

Nutrition Facts



Properties

Glycemic Index:7.95, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:1.6826086922184%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 9.13kcal (0.46%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 2.05g (0.68%), Net Carbohydrates: 1.5g (0.54%), Sugar: 0.99g (1.09%), Cholesterol: 0mg (0%), Sodium: 82.57mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.38g (0.77%), Vitamin C: 6.97mg (8.45%), Vitamin A: 283.36IU (5.67%), Vitamin K: 3.67µg (3.49%), Potassium: 88.26mg (2.52%), Manganese: 0.05mg (2.47%), Fiber: 0.55g (2.21%), Folate: 8.7µg (2.18%), Vitamin B6: 0.04mg (2.02%), Vitamin E: 0.18mg (1.17%), Vitamin B3: 0.23mg (1.13%), Copper: 0.02mg (1.09%), Magnesium: 4.25mg (1.06%)