



## Fresh Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



14

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 garlic clove minced
- 1 teaspoon ground cumin
- 1 jalapeno seeded finely chopped
- 1 tablespoon olive oil
- 0.3 cup onion finely chopped
- 1 teaspoon salt
- 4 cups tomatoes fresh peeled chopped
- 1 tablespoon vinegar

# Equipment

bowl

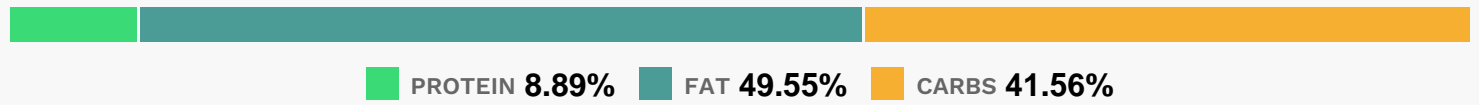
# Directions

In a bowl, combine all ingredients; mix well.

Let stand for about 1 hour.

Serve at room temperature. Store in a covered container in the refrigerator.

# Nutrition Facts



# Properties

Glycemic Index:13, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:2.0078260769015%

# Flavonoids

Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

# Nutrients (% of daily need)

Calories: 19kcal (0.95%), Fat: 1.12g (1.73%), Saturated Fat: 0.15g (0.97%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 1.52g (0.55%), Sugar: 1.29g (1.43%), Cholesterol: 0mg (0%), Sodium: 168.7mg (7.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.91%), Vitamin C: 7.31mg (8.86%), Vitamin A: 367.29IU (7.35%), Vitamin K: 4.17µg (3.97%), Potassium: 111.03mg (3.17%), Manganese: 0.06mg (3.13%), Vitamin E: 0.42mg (2.77%), Fiber: 0.61g (2.43%), Vitamin B6: 0.05mg (2.25%), Folate: 7.22µg (1.8%), Copper: 0.03mg (1.44%), Magnesium: 5.71mg (1.43%), Vitamin B3: 0.28mg (1.39%), Iron: 0.23mg (1.27%), Vitamin B1: 0.02mg (1.25%), Phosphorus: 12.39mg (1.24%)