



Fresh Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



10 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 4 oz chiles diced green canned
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 small onion diced red
- ☐ 0.5 teaspoon salt
- ☐ 2 medium tomatoes chopped

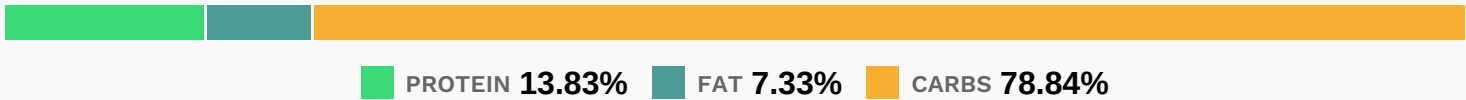
Equipment

☐ bowl

Directions

☐ Combine chopped tomatoes, lime juice, and remaining ingredients in a large bowl. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:12.7, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:1.7352173827265%

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: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 10.44kcal (0.52%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 2.35g (0.78%), Net Carbohydrates: 1.73g (0.63%), Sugar: 0.92g (1.02%), Cholesterol: 0mg (0%), Sodium: 163.73mg (7.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin C: 8.31mg (10.08%), Vitamin A: 240.34IU (4.81%), Folate: 11.09µg (2.77%), Fiber: 0.62g (2.48%), Vitamin B6: 0.05mg (2.45%), Potassium: 84.72mg (2.42%), Manganese: 0.05mg (2.35%), Vitamin K: 2.29µg (2.18%), Iron: 0.25mg (1.4%), Vitamin B3: 0.24mg (1.18%), Vitamin E: 0.16mg (1.06%), Magnesium: 4.08mg (1.02%), Phosphorus: 10.06mg (1.01%)