



Fresh Salsa with Tomatoes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

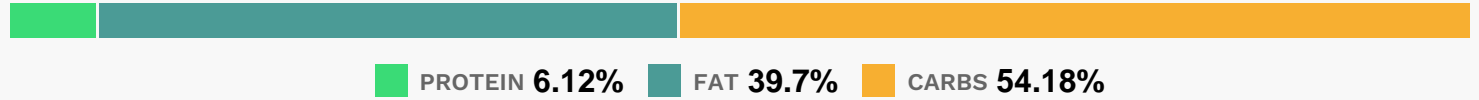
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup dressing italian kraft
- 1 jalapeño pepper finely chopped
- 0.3 cup onions red finely chopped
- 1 lb tomatoes chopped
- 10 servings tortilla chips

Equipment

Directions

- Combine all ingredients except chips.
- Serve salsa with chips.

Nutrition Facts



Properties

Glycemic Index:12.9, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:4.6017391578011%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 156.37kcal (7.82%), Fat: 7.14g (10.98%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 21.91g (7.3%), Net Carbohydrates: 19.75g (7.18%), Sugar: 2.22g (2.47%), Cholesterol: 0mg (0%), Sodium: 152.81mg (6.64%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.47g (4.95%), Vitamin K: 14.15µg (13.47%), Vitamin E: 1.37mg (9.16%), Fiber: 2.16g (8.64%), Vitamin A: 408.42IU (8.17%), Vitamin C: 6.64mg (8.05%), Phosphorus: 76.28mg (7.63%), Magnesium: 29.48mg (7.37%), Potassium: 172.65mg (4.93%), Vitamin B6: 0.1mg (4.79%), Vitamin B1: 0.06mg (3.96%), Vitamin B5: 0.38mg (3.81%), Manganese: 0.07mg (3.66%), Calcium: 36.61mg (3.66%), Iron: 0.59mg (3.27%), Zinc: 0.48mg (3.18%), Copper: 0.06mg (2.94%), Folate: 11.19µg (2.8%), Vitamin B3: 0.52mg (2.61%), Selenium: 1.38µg (1.97%), Vitamin B2: 0.03mg (1.77%)