



Fresh Tomato Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup cilantro sprigs fresh
- 2 teaspoons garlic minced
- 4 jalapeño chiles fresh seeded chopped
- 10 servings kosher salt and pepper black freshly ground
- 3 tablespoons juice of lime fresh
- 2 teaspoons sugar
- 4 pounds vine-ripened and/or orange tomatoes red (5 medium)
- 0.5 medium onion white (preferably)

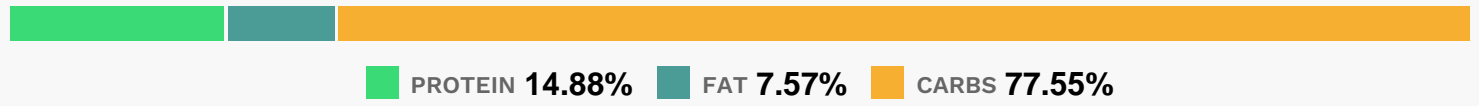
Equipment

bowl

Directions

Quarter and seed tomatoes. Dice the tomatoes and transfer to a bowl. Finely chop enough onion to measure 1/2 cup and chop cilantro. Stir chiles, onion, cilantro, and garlic into tomatoes with sugar and lime juice and season with salt and pepper.;

Nutrition Facts



Properties

Glycemic Index:26.11, Glycemic Load:2.67, Inflammation Score:-8, Nutrition Score:8.5139131332221%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 42.2kcal (2.11%), Fat: 0.41g (0.63%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 6.9g (2.51%), Sugar: 6.13g (6.81%), Cholesterol: 0mg (0%), Sodium: 10.42mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin C: 33.87mg (41.06%), Vitamin A: 1682.67IU (33.65%), Vitamin K: 20.55µg (19.57%), Potassium: 469.28mg (13.41%), Manganese: 0.25mg (12.49%), Fiber: 2.53g (10.11%), Vitamin B6: 0.19mg (9.35%), Vitamin E: 1.23mg (8.22%), Folate: 31.25µg (7.81%), Copper: 0.12mg (5.99%), Vitamin B3: 1.19mg (5.93%), Magnesium: 22.45mg (5.61%), Vitamin B1: 0.08mg (5.03%), Phosphorus: 49.07mg (4.91%), Iron: 0.57mg (3.16%), Vitamin B2: 0.04mg (2.6%), Calcium: 23.32mg (2.33%), Zinc: 0.35mg (2.3%), Vitamin B5: 0.21mg (2.06%)