



Fresh Tomato Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



14

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 3 cloves garlic finely chopped
- 0.5 cup bell pepper green chopped
- 0.3 cup spring onion sliced
- 1 tablespoon jalapeno seeded finely chopped
- 2 tablespoons juice of lime
- 0.5 teaspoon salt
- 3 cups tomatoes seeded chopped

Equipment

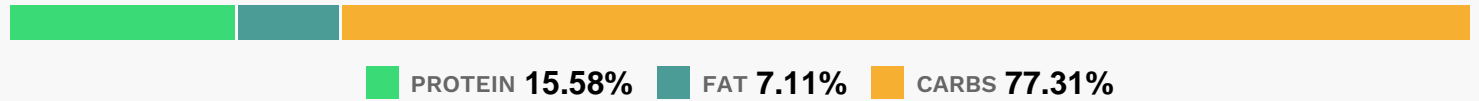
bowl

Directions

In large glass or plastic bowl, mix all ingredients.

Cover; refrigerate at least 1 hour before serving to blend flavors.

Nutrition Facts



Properties

Glycemic Index:12.43, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:2.1726086696853%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 9.2kcal (0.46%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 2.09g (0.69%), Net Carbohydrates: 1.51g (0.55%), Sugar: 1.1g (1.22%), Cholesterol: 0mg (0%), Sodium: 85.31mg (3.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.84%), Vitamin C: 11.12mg (13.48%), Vitamin K: 7.01µg (6.68%), Vitamin A: 319.99IU (6.4%), Manganese: 0.06mg (2.92%), Potassium: 97.97mg (2.8%), Vitamin B6: 0.05mg (2.6%), Fiber: 0.57g (2.29%), Folate: 7.02µg (1.76%), Vitamin E: 0.25mg (1.65%), Copper: 0.03mg (1.35%), Vitamin B3: 0.25mg (1.23%), Magnesium: 4.91mg (1.23%), Vitamin B1: 0.02mg (1.21%), Phosphorus: 10.98mg (1.1%)