

Fresh Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



8 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 0.3 cup green onions chopped
- ☐ 1 teaspoon jalapeno fresh minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.3 teaspoon salt
- ☐ 2 cups tomatoes finely chopped

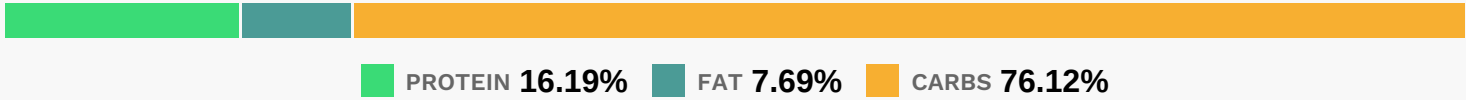
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a medium bowl; stir well. Cover and chill at least 3 hours.
- ☐ Serve with chicken or turkey or as a dip with no-oil baked tortilla chips.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:2.0278260707045%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 8.37kcal (0.42%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 1.32g (0.48%), Sugar: 1.11g (1.23%), Cholesterol: 0mg (0%), Sodium: 75.11mg (3.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin K: 9.69µg (9.23%), Vitamin C: 7.01mg (8.49%), Vitamin A: 352.5IU (7.05%), Potassium: 100.93mg (2.88%), Manganese: 0.05mg (2.44%), Fiber: 0.55g (2.22%), Folate: 7.97µg (1.99%), Vitamin B6: 0.04mg (1.76%), Vitamin E: 0.25mg (1.64%), Copper: 0.03mg (1.28%), Magnesium: 4.98mg (1.25%), Vitamin B3: 0.25mg (1.24%), Vitamin B1: 0.02mg (1.08%), Phosphorus: 10.55mg (1.05%)