



Garden-Fresh Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup olives black sliced
- 14.5 oz canned tomatoes diced drained canned
- 1 tablespoon cilantro leaves fresh finely chopped
- 2 tablespoons parsley fresh finely chopped
- 2 tablespoons garlic minced
- 2 spring onion sliced
- 0.8 cup bell pepper diced green
- 1 jalapeno diced

- 1.5 tablespoons juice of lemon
- 1 tablespoon juice of lime
- 0.3 cup onion diced spanish
- 2 plum tomatoes diced
- 0.3 cup onion diced red
- 4 servings salt and pepper to taste

Equipment

- bowl

Directions

- Combine all ingredients in a large bowl; refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:74.5, Glycemic Load:3.58, Inflammation Score:-8, Nutrition Score:13.227826097737%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg, Hesperetin: 1.15mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg

Nutrients (% of daily need)

Calories: 82.85kcal (4.14%), Fat: 2.22g (3.42%), Saturated Fat: 0.32g (2%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 11.68g (4.25%), Sugar: 7.75g (8.61%), Cholesterol: 0mg (0%), Sodium: 511.44mg (22.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Vitamin C: 50.65mg (61.4%), Vitamin K: 56.5µg (53.8%), Manganese: 0.38mg (18.86%), Vitamin A: 902.64IU (18.05%), Vitamin B6: 0.35mg (17.55%), Fiber: 4.06g (16.25%), Potassium: 530.23mg (15.15%), Vitamin E: 2.18mg (14.57%), Copper: 0.27mg (13.63%), Iron: 1.93mg (10.7%), Vitamin B1: 0.14mg (9.06%), Folate: 35.71µg (8.93%), Vitamin B3: 1.77mg (8.87%), Magnesium: 35.05mg (8.76%), Calcium:

68.61mg (6.86%), Phosphorus: 65.53mg (6.55%), Vitamin B2: 0.09mg (5.31%), Vitamin B5: 0.44mg (4.36%), Zinc: 0.52mg (3.46%), Selenium: 1.48µg (2.12%)