



Garden Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 jalapeno minced cored seeded
- ☐ 2 tablespoons juice of lime
- ☐ 1 teaspoon lime zest grated
- ☐ 2 tablespoons olive oil
- ☐ 15 servings pepper freshly ground to taste
- ☐ 1 teaspoon pepper flakes red crushed

- ☐ 15 servings sea salt to taste
- ☐ 2 pounds variety garden-ripe tomatoes mixed diced cored 5
- ☐ 1 small onion white minced

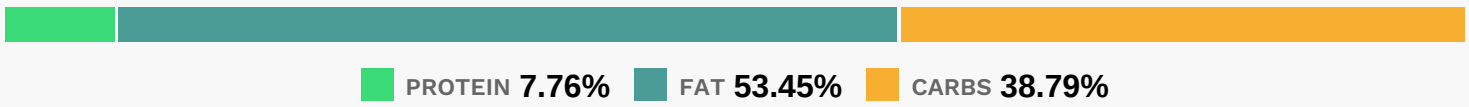
Equipment

- ☐ bowl

Directions

- ☐ Place first 7 ingredients in a large bowl.
- ☐ Drizzle with olive oil, and sprinkle with remaining ingredients. Toss gently to combine. Cover and refrigerate for at least 2 hours to marry flavors before serving.

Nutrition Facts



Properties

Glycemic Index:14.87, Glycemic Load:0.78, Inflammation Score:-5, Nutrition Score:3.0347826033831%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 31.35kcal (1.57%), Fat: 2.02g (3.11%), Saturated Fat: 0.28g (1.77%), Carbohydrates: 3.3g (1.1%), Net Carbohydrates: 2.37g (0.86%), Sugar: 1.88g (2.09%), Cholesterol: 0mg (0%), Sodium: 199.51mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.66g (1.32%), Vitamin C: 10.57mg (12.82%), Vitamin A: 573.12IU (11.46%), Vitamin K: 7.24µg (6.9%), Manganese: 0.1mg (4.98%), Potassium: 161.92mg (4.63%), Vitamin E: 0.69mg (4.62%), Fiber: 0.93g (3.72%), Vitamin B6: 0.07mg (3.36%), Folate: 10.65µg (2.66%), Copper: 0.04mg (2.16%), Vitamin B3: 0.4mg (2.01%), Magnesium: 7.97mg (1.99%), Vitamin B1: 0.03mg (1.79%), Phosphorus: 17.71mg (1.77%), Iron: 0.23mg (1.3%)