



Georgian Grilled-Tomato Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



8 kcal

SAUCE

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 1 garlic clove minced
- ☐ 1 large jalapeño
- ☐ 0.3 cup parsley chopped
- ☐ 1 small onion red coarsely chopped
- ☐ 20 servings salt and pepper black freshly ground
- ☐ 4 medium tomatoes halved

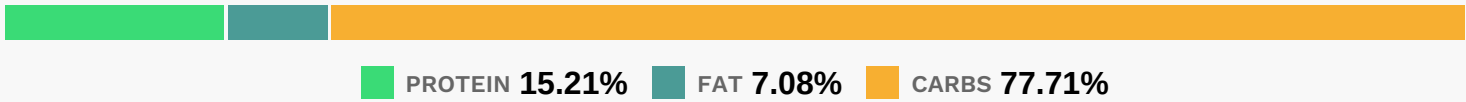
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Light a grill. Grill the tomatoes and jalapeo over high heat, turning, until charred, 4 minutes. Halve the jalapeo and discard the stem and seeds. Coarsely chop the tomatoes.
- ☐ Transfer the jalapeo and tomatoes to a food processor.
- ☐ Add the onion, garlic, parsley and cilantro and process until smooth. Season with salt and pepper and let stand for 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.15, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:1.9786956718434%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg, Apigenin: 1.62mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 7.62kcal (0.38%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 1.68g (0.56%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.92g (1.02%), Cholesterol: 0mg (0%), Sodium: 2.03mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.66%), Vitamin K: 15.18µg (14.46%), Vitamin C: 5.71mg (6.92%), Vitamin A: 289.81IU (5.8%), Manganese: 0.05mg (2.66%), Potassium: 75.2mg (2.15%), Fiber: 0.47g (1.87%), Vitamin B6: 0.03mg (1.62%), Folate: 6.21µg (1.55%), Vitamin E: 0.17mg (1.14%), Copper: 0.02mg (1.02%)