

## Green-Chile Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4.5 ounce chiles green chopped canned
- 1 teaspoon cilantro leaves fresh minced
- 2 teaspoons juice of lime fresh
- 0.3 teaspoon pepper freshly ground
- 0.3 cup onion diced sweet
- 1.3 cups tomatoes diced seeded

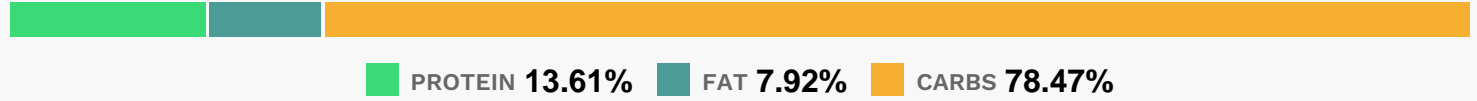
### Equipment

- bowl

## Directions

Combine all ingredients in a bowl.

## Nutrition Facts



## Properties

Glycemic Index:11.33, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:1.584347827603%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

## Nutrients (% of daily need)

Calories: 8.79kcal (0.44%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.41g (0.51%), Sugar: 0.82g (0.91%), Cholesterol: 0mg (0%), Sodium: 57.77mg (2.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.69%), Vitamin C: 8.42mg (10.21%), Vitamin A: 203.39IU (4.07%), Folate: 12.12µg (3.03%), Fiber: 0.56g (2.26%), Potassium: 75.72mg (2.16%), Vitamin B6: 0.04mg (2.05%), Vitamin K: 1.89µg (1.8%), Manganese: 0.04mg (1.79%), Iron: 0.27mg (1.48%), Vitamin B3: 0.23mg (1.14%)