



Green Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 medium size tomatoes green finely chopped
- ☐ 1 jalapeno minced seeded
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 small onion finely chopped
- ☐ 0.5 teaspoon salt

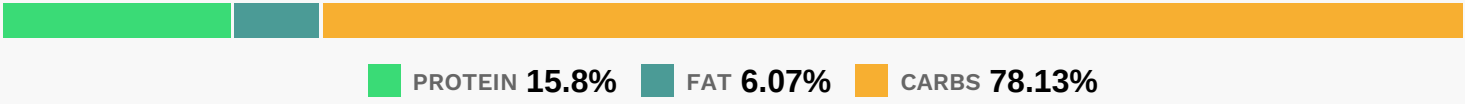
Equipment

- ☐ bowl

Directions

Combine tomatoes, onion, jalapeo pepper, cilantro, lime juice, and salt in a bowl. Cover and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:6.07, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:1.0843478042794%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 5.35kcal (0.27%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 0.95g (0.35%), Sugar: 0.81g (0.91%), Cholesterol: 0mg (0%), Sodium: 80.03mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.49%), Vitamin C: 5.56mg (6.74%), Vitamin K: 3.5µg (3.33%), Vitamin A: 151.89IU (3.04%), Potassium: 43.14mg (1.23%), Manganese: 0.02mg (1.15%), Vitamin B6: 0.02mg (1.06%), Fiber: 0.27g (1.06%)