



Green Tomato Salsa



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 3 spring onion sliced
- ☐ 2 large tomatoes diced green
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon honey
- ☐ 0.3 cup olive oil
- ☐ 1 large peaches fresh diced
- ☐ 0.5 teaspoon salt

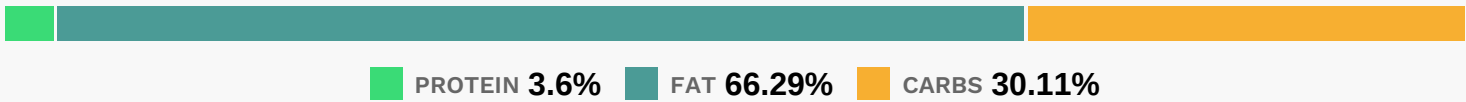
2 tablespoons citrus champagne vinegar

Equipment

Directions

Stir together tomatoes, peach, green onions, olive oil, cilantro, vinegar, honey, salt, and ground red pepper. Cover and chill 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:47.13, Glycemic Load:3.92, Inflammation Score:-6, Nutrition Score:7.6465217652528%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 179.33kcal (8.97%), Fat: 13.84g (21.29%), Saturated Fat: 1.9g (11.9%), Carbohydrates: 14.14g (4.71%), Net Carbohydrates: 12.2g (4.44%), Sugar: 11.84g (13.16%), Cholesterol: 0mg (0%), Sodium: 310.81mg (13.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin K: 37.67µg (35.88%), Vitamin C: 24.97mg (30.26%), Vitamin E: 2.7mg (17.99%), Vitamin A: 875.34IU (17.51%), Potassium: 272.74mg (7.79%), Fiber: 1.94g (7.75%), Manganese: 0.14mg (7.17%), Copper: 0.13mg (6.35%), Vitamin B5: 0.53mg (5.33%), Iron: 0.89mg (4.95%), Vitamin B6: 0.09mg (4.73%), Vitamin B1: 0.07mg (4.7%), Vitamin B3: 0.87mg (4.37%), Folate: 16.87µg (4.22%), Phosphorus: 39.66mg (3.97%), Magnesium: 15.03mg (3.76%), Vitamin B2: 0.06mg (3.56%), Calcium: 21.39mg (2.14%), Selenium: 1.39µg (1.99%), Zinc: 0.22mg (1.45%)