



Green-Tomato Salsa with Thai Spices

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup julienne-cut bell pepper yellow
- ☐ 2 tablespoons fish sauce
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 1 cup green onions chopped
- ☐ 2 pounds tomatoes green
- ☐ 2 teaspoons ground coriander
- ☐ 2 tablespoons juice of lime fresh

- ☐ 1 large onion red
- ☐ 1 tablespoon rice vinegar
- ☐ 2 teaspoons serrano chile minced seeded
- ☐ 1 teaspoon sesame oil
- ☐ 2 teaspoons vegetable oil

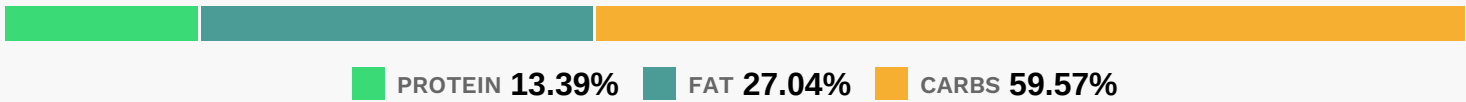
Equipment

- ☐ bowl

Directions

- ☐ Cut tomatoes and red onion in half vertically.
- ☐ Cut each half horizontally into thin slices. Set aside.
- ☐ Combine cilantro and next 8 ingredients (cilantro through sesame oil) in a large bowl; stir well.
- ☐ Add tomatoes, red and green onions, and bell pepper; toss well.
- ☐ Let stand 1 hour.
- ☐ Note: Fish sauce is a salty condiment that can be found in Asian markets, specialty shops, and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.49, Inflammation Score:-7, Nutrition Score:10.420869635499%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 60.01kcal (3%), Fat: 2.03g (3.12%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 10.06g (3.35%), Net Carbohydrates: 7.82g (2.84%), Sugar: 5.67g (6.3%), Cholesterol: 0mg (0%), Sodium: 371.55mg (16.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin C: 65.72mg (79.66%), Vitamin K: 41.15µg (39.19%), Vitamin A: 931.01IU (18.62%), Potassium: 355.32mg (10.15%), Manganese: 0.2mg (9.94%), Fiber: 2.24g (8.96%), Vitamin B6: 0.17mg (8.53%), Copper: 0.15mg (7.44%), Folate: 28.81µg (7.2%), Magnesium: 27.75mg (6.94%), Vitamin B5: 0.64mg (6.39%), Vitamin B1: 0.09mg (5.99%), Iron: 1.01mg (5.64%), Phosphorus: 48.41mg (4.84%), Vitamin B3: 0.95mg (4.76%), Vitamin E: 0.63mg (4.18%), Vitamin B2: 0.07mg (4.1%), Calcium: 35.55mg (3.55%), Selenium: 1.22µg (1.74%), Zinc: 0.22mg (1.5%)