



Grilled Chile Salsa with Rice Crackers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 6 large garlic clove unpeeled
- ☐ 8 teaspoons juice of lime fresh
- ☐ 4 large plum tomatoes ()
- ☐ 8 servings rice
- ☐ 12 inch serrano chiles
- ☐ 4 large shallots peeled halved
- ☐ 2 tablespoons vegetable oil

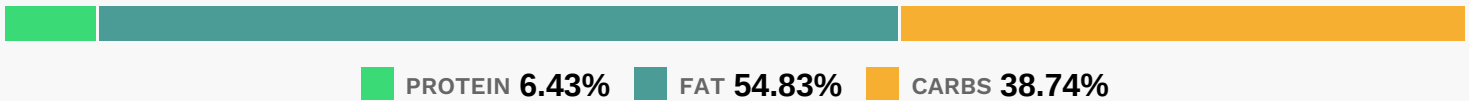
Equipment

- ☐ bowl
- ☐ grill
- ☐ tongs

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Combine garlic, tomatoes, chiles, and shallots in medium bowl.
- ☐ Add oil and toss to coat. Arrange vegetables on barbecue; sprinkle with salt and pepper. Grill until charred, turning occasionally, about 8 minutes. Using tongs, transfer garlic and vegetables to plate and cool.
- ☐ Peel garlic; chop coarsely. Chop tomatoes.
- ☐ Cut chiles in half lengthwise; discard seeds and chop chiles coarsely. Chop shallots.
- ☐ Combine all vegetables in medium bowl.
- ☐ Add cilantro and lime juice. Blend well; season with salt and pepper. (Salsa can be made 8 hours ahead. Cover and chill. Bring to room temperature and stir before using.)
- ☐ Transfer salsa to serving bowl; place on platter. Surround with rice crackers.

Nutrition Facts



Properties

Glycemic Index:23.9, Glycemic Load:1.52, Inflammation Score:-4, Nutrition Score:3.5339130655579%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 54.57kcal (2.73%), Fat: 3.52g (5.42%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 4.55g (1.65%), Sugar: 2.07g (2.3%), Cholesterol: 0mg (0%), Sodium: 4.88mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Vitamin K: 15.52µg (14.78%), Vitamin C: 9.7mg (11.76%), Vitamin A: 432.09IU (8.64%), Manganese: 0.14mg (6.84%), Vitamin B6: 0.12mg (6.08%), Potassium: 153.28mg (4.38%), Fiber: 1.05g (4.2%), Vitamin E: 0.54mg (3.6%), Folate: 11.66µg (2.92%), Copper: 0.05mg (2.45%), Phosphorus: 22.72mg (2.27%), Magnesium: 8.61mg (2.15%), Iron: 0.35mg (1.96%), Vitamin B1: 0.03mg (1.92%), Vitamin B3: 0.33mg (1.64%), Calcium: 14.54mg (1.45%), Vitamin B5: 0.11mg (1.13%), Zinc: 0.16mg (1.09%), Vitamin B2: 0.02mg (1.08%)