



Grilled Tomato Salsa

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh roughly chopped
- ☐ 4 cloves garlic unpeeled
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 6 roma tomatoes cored cut in half lengthwise
- ☐ 4 servings salt and pepper black freshly ground for sprinkling
- ☐ 1 serrano chile cut in half, see cook's note
- ☐ 1 shallots halved
- ☐ 0.5 small onion skinless yellow quartered

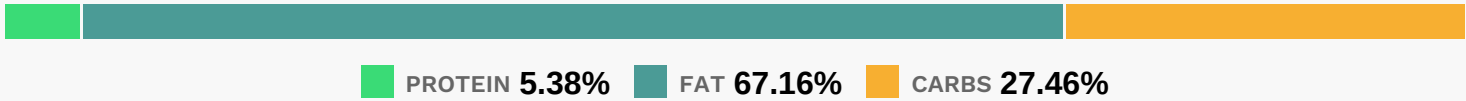
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the grill to medium-high heat.
- ☐ Place the tomatoes, garlic, chiles, shallots and onions cut-side up on a baking sheet.
- ☐ Drizzle the vegetables with the oil and sprinkle with salt and pepper.
- ☐ Transfer the vegetables to the grill and grill until all the vegetables are blistered and charred, 8 to 10 minutes, turning occasionally.
- ☐ Let the vegetables cool slightly. Peel the garlic and remove the skins of the tomatoes.
- ☐ Transfer the vegetables to a food processor, add the cilantro and pulse until you have a chunky salsa.
- ☐ Add salt and pepper to taste.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:1.68, Inflammation Score:-6, Nutrition Score:5.2443478444348%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 91.87kcal (4.59%), Fat: 7.23g (11.12%), Saturated Fat: 1g (6.26%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 5.04g (1.83%), Sugar: 3.4g (3.78%), Cholesterol: 0mg (0%), Sodium: 6.66mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin C: 15.55mg (18.85%), Vitamin A: 803.48IU (16.07%), Vitamin K: 12.66µg (12.05%), Vitamin E: 1.53mg (10.22%), Manganese: 0.2mg (10.11%), Potassium: 273.11mg (7.8%), Vitamin B6: 0.15mg (7.59%), Fiber: 1.61g (6.46%), Folate: 18.31µg (4.58%), Copper: 0.08mg (3.82%), Magnesium: 13.72mg (3.43%), Phosphorus: 34.05mg (3.41%), Vitamin B1: 0.05mg (3.28%), Vitamin B3: 0.62mg (3.11%), Iron: 0.46mg (2.56%), Calcium: 19.87mg (1.99%), Zinc: 0.24mg (1.59%), Vitamin B2: 0.03mg (1.55%), Vitamin B5: 0.14mg (1.35%)