



Grilled Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 pound heirloom tomatoes halved
- ☐ 0.5 large jalapeño chile seeded
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 small onion red
- ☐ 0.3 teaspoon salt

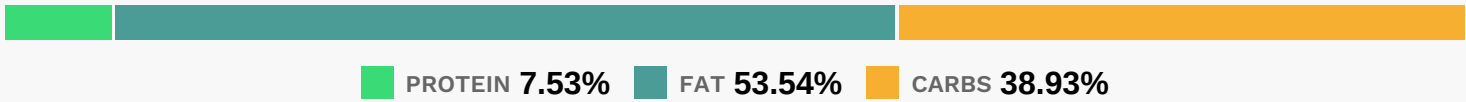
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill

Directions

- ☐ Place first 3 ingredients on grill rack over medium-high heat (400), cut sides up. Grill 4 minutes; remove jalapeo, and turn tomato and onion. Grill 4 more minutes.
- ☐ Remove stem from tomato.
- ☐ Combine all ingredients except cilantro in container of a food processor; pulse until mixture is finely chopped.
- ☐ Pour mixture into a bowl; stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:25.8, Glycemic Load:1.17, Inflammation Score:-6, Nutrition Score:4.2773912976617%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg, Quercetin: 2.97mg

Nutrients (% of daily need)

Calories: 46.69kcal (2.33%), Fat: 3g (4.62%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 4.91g (1.64%), Net Carbohydrates: 3.58g (1.3%), Sugar: 2.96g (3.29%), Cholesterol: 0mg (0%), Sodium: 121.52mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin C: 15.87mg (19.23%), Vitamin A: 788.69IU (15.77%), Vitamin K: 9.92µg (9.45%), Potassium: 239.35mg (6.84%), Vitamin E: 0.96mg (6.39%), Manganese: 0.12mg (6.04%), Fiber: 1.33g (5.33%), Vitamin B6: 0.09mg (4.66%), Folate: 16.52µg (4.13%), Copper: 0.06mg (2.99%), Magnesium: 11.59mg (2.9%), Vitamin B3: 0.58mg (2.88%), Vitamin B1: 0.04mg (2.67%), Phosphorus: 25.86mg (2.59%), Iron: 0.3mg (1.64%), Vitamin B2: 0.02mg (1.3%), Calcium: 12.45mg (1.25%), Zinc: 0.18mg (1.19%), Vitamin B5: 0.1mg (1.04%)