



Grilled Vegetable Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 bell pepper diced (any color)
- ☐ 0.5 medium onion diced red
- ☐ 1 cup salsa fresh jarred

Equipment

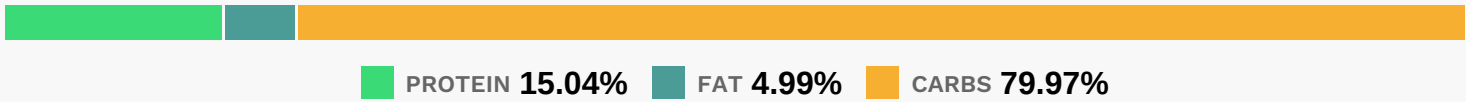
Directions

- ☐ Combine the salsa, pepper, and onion.

☐

Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:2.3473913034667%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 14.11kcal (0.71%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 3.28g (1.09%), Net Carbohydrates: 2.42g (0.88%), Sugar: 1.84g (2.05%), Cholesterol: 0mg (0%), Sodium: 213.77mg (9.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.23%), Vitamin C: 10.65mg (12.9%), Vitamin A: 389.01IU (7.78%), Vitamin B6: 0.09mg (4.35%), Vitamin E: 0.52mg (3.44%), Fiber: 0.86g (3.43%), Potassium: 109.58mg (3.13%), Manganese: 0.05mg (2.7%), Vitamin B3: 0.44mg (2.22%), Vitamin K: 1.76µg (1.67%), Magnesium: 6.45mg (1.61%), Folate: 6.03µg (1.51%), Phosphorus: 14.33mg (1.43%), Copper: 0.03mg (1.25%), Vitamin B1: 0.02mg (1.24%), Calcium: 11.2mg (1.12%), Vitamin B2: 0.02mg (1.09%), Iron: 0.18mg (1.02%)