



Hermano Roberto's Simple Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 ounce canned tomatoes whole with juice peeled canned
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 teaspoon ground pepper white
- ☐ 3 jalapeño peppers to taste

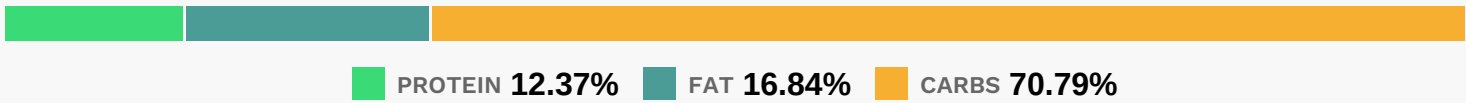
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Bring a saucepan of lightly salted water to a boil; add jalapeno peppers. Reduce heat to medium and boil peppers for 15 minutes; drain. When cool enough to handle, remove stems of peppers.
- ☐ Place jalapeno peppers, tomatoes, garlic salt, cumin, black pepper, white pepper, and cilantro in a blender. Blend to your desired texture, 30 seconds to 1 minute.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:1.5595652159789%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 4.69kcal (0.23%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 0.96g (0.32%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.44g (0.49%), Cholesterol: 0mg (0%), Sodium: 291.5mg (12.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.34%), Vitamin C: 12.53mg (15.18%), Vitamin E: 0.39mg (2.59%), Vitamin A: 123.8IU (2.48%), Vitamin K: 2.47µg (2.35%), Vitamin B6: 0.05mg (2.29%), Manganese: 0.04mg (2.05%), Fiber: 0.39g (1.55%), Iron: 0.23mg (1.26%)