



Homemade Salsa on the Fly

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

15 min.

SERVINGS

servings

6

CALORIES

calories

55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced with their juice ripe canned
- ☐ 1 clove garlic minced
- ☐ 1 small bell pepper green minced
- ☐ 0.5 cup chilies green with juice chopped
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons red wine vinegar
- ☐ 6 servings salt
- ☐ 1 small onion white yellow finely chopped (or)

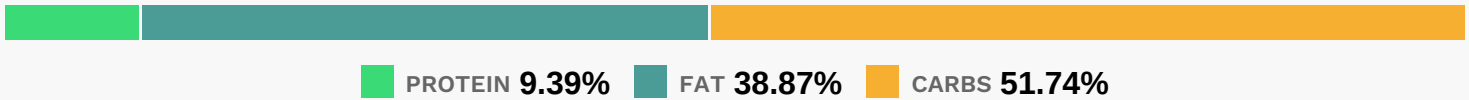
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ In a large glass bowl, combine all ingredients. Stir well with a spoon. Cover with plastic wrap and chill until serving time.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:1.73, Inflammation Score:-3, Nutrition Score:4.9286956683449%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg

Nutrients (% of daily need)

Calories: 54.75kcal (2.74%), Fat: 2.56g (3.94%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 5.54g (2.01%), Sugar: 4.23g (4.7%), Cholesterol: 0mg (0%), Sodium: 327.22mg (14.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.78%), Vitamin C: 18.76mg (22.74%), Fiber: 2.13g (8.53%), Manganese: 0.17mg (8.33%), Vitamin E: 1.24mg (8.27%), Vitamin B6: 0.15mg (7.53%), Copper: 0.14mg (7.01%), Potassium: 243.37mg (6.95%), Vitamin K: 6µg (5.72%), Iron: 1mg (5.57%), Vitamin B3: 0.91mg (4.57%), Vitamin B1: 0.06mg (4.32%), Magnesium: 16.43mg (4.11%), Vitamin A: 193.21IU (3.86%), Folate: 12.37µg (3.09%), Phosphorus: 28.94mg (2.89%), Calcium: 28.56mg (2.86%), Vitamin B2: 0.04mg (2.52%), Vitamin B5: 0.22mg (2.2%), Zinc: 0.23mg (1.52%)