



## Homemade Tomato Salsa with Chips

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.1 tsp salt and pepper
- 1 garlic clove chopped
- 2 tablespoons juice of lime fresh
- 1 tablespoon olive oil
- 0.5 medium onion diced
- 2 large tomatoes chopped

### Equipment

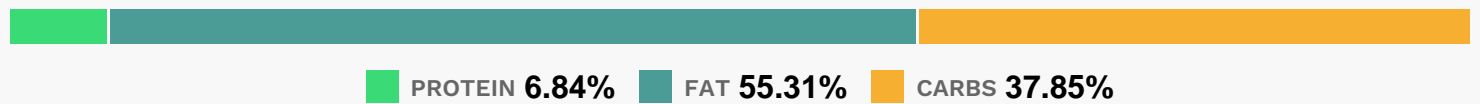
- bowl

frying pan

## Directions

- Warm olive oil in a large skillet over medium heat.
- Add diced onion and saut until translucent, about 5 minutes.
- Add chopped garlic and saut 1 minute more.
- Transfer to a bowl and allow to cool. In a medium bowl, combine chopped tomatoes, onion mixture, fresh lime juice, chopped fresh cilantro (if desired), and chili powder, garlic powder, salt and pepper.
- Dip smart: Choose a brand of chips that has no more than 150 calories per ounce (that's about 16 chips, depending on the brand) or 150 milligrams of sodium and has at least 2 grams of fiber. Also be sure the chips are trans fat-free and contain fewer than 8 grams of fat in total.

## Nutrition Facts



## Properties

Glycemic Index:19, Glycemic Load:1.03, Inflammation Score:-5, Nutrition Score:3.5126086402199%

## Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg, Quercetin: 2.7mg

## Nutrients (% of daily need)

Calories: 44.65kcal (2.23%), Fat: 2.96g (4.56%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 3.47g (1.26%), Sugar: 2.49g (2.76%), Cholesterol: 0mg (0%), Sodium: 62.49mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.65%), Vitamin C: 12.77mg (15.48%), Vitamin A: 609.7IU (12.19%), Vitamin K: 7.53µg (7.17%), Potassium: 198.06mg (5.66%), Manganese: 0.11mg (5.42%), Vitamin E: 0.81mg (5.41%), Fiber: 1.1g (4.39%), Vitamin B6: 0.08mg (4.06%), Folate: 13.63µg (3.41%), Copper: 0.05mg (2.54%), Magnesium: 9.74mg (2.43%), Vitamin B1: 0.03mg (2.31%), Vitamin B3: 0.46mg (2.29%), Phosphorus: 22.42mg (2.24%), Iron: 0.25mg (1.4%), Calcium: 11.8mg (1.18%), Vitamin B2: 0.02mg (1.08%), Zinc: 0.15mg (1.03%)