



## Italian-Style Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 tablespoon balsamic vinegar
- 2 teaspoons capers drained
- 2 tablespoons parsley fresh chopped
- 2 garlic cloves minced
- 12 kalamata olives pitted chopped
- 1 tablespoon olive oil
- 0.3 teaspoon pepper freshly ground
- 4 plum tomatoes chopped

0.5 small onion red finely chopped

0.3 teaspoon salt

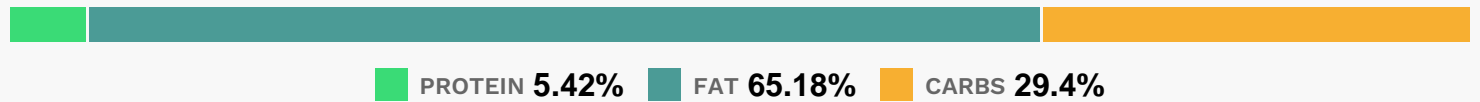
## Equipment

bowl

## Directions

Stir together first 10 ingredients, and, if desired, feta cheese, in a medium bowl. Cover and chill until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:20.9, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:2.2126087215932%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

## Nutrients (% of daily need)

Calories: 28.81kcal (1.44%), Fat: 2.2g (3.39%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 2.24g (0.75%), Net Carbohydrates: 1.62g (0.59%), Sugar: 1.17g (1.29%), Cholesterol: 0mg (0%), Sodium: 146.51mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.83%), Vitamin K: 16.2µg (15.43%), Vitamin C: 5.07mg (6.15%), Vitamin A: 293.83IU (5.88%), Vitamin E: 0.53mg (3.53%), Manganese: 0.06mg (2.78%), Fiber: 0.61g (2.46%), Potassium: 78.3mg (2.24%), Vitamin B6: 0.04mg (1.82%), Folate: 6.24µg (1.56%), Copper: 0.03mg (1.41%), Magnesium: 4.77mg (1.19%), Iron: 0.19mg (1.07%)