

Jalapeno Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



27 min.

SERVINGS



3

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cilantro leaves fresh chopped to taste
- 2 cloves garlic smashed
- 1 teaspoon pepper black
- 10 jalapeno fresh
- 1 juice of lime juiced
- 1 teaspoon salt
- 2 tomatoes
- 1 onion white quartered

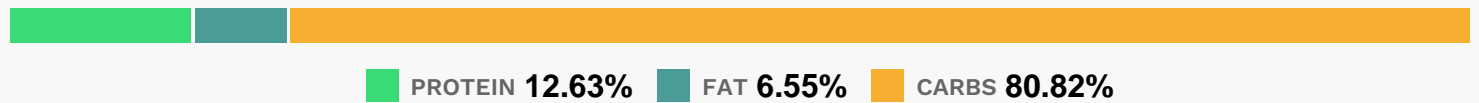
Equipment

- sauce pan
- blender
- slotted spoon

Directions

- Place jalapenos in a saucepan with enough water to cover. Bring to a boil. Simmer until jalapenos soften and begin to lose their shine, about 10 to 12 minutes.
- Remove the jalapenos with a slotted spoon, chop off the stem, and place them in a blender.
- Add the tomatoes and boil for 2 to 3 minutes to loosen the skin. Peel the skin from the tomatoes and add tomatoes to the blender.
- Place the onion, cilantro, garlic, lime juice, salt, and black pepper in the blender with the jalapenos and tomatoes. Blend to desired consistency.

Nutrition Facts



Properties

Glycemic Index:63.67, Glycemic Load:2.42, Inflammation Score:-8, Nutrition Score:11.163912990819%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 11.08mg, Quercetin: 11.08mg, Quercetin: 11.08mg, Quercetin: 11.08mg

Nutrients (% of daily need)

Calories: 50.42kcal (2.52%), Fat: 0.42g (0.64%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 8.43g (3.06%), Sugar: 5.84g (6.49%), Cholesterol: 0mg (0%), Sodium: 783.41mg (34.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Vitamin C: 73.28mg (88.82%), Vitamin A: 1285.66IU (25.71%), Vitamin K: 20.58µg (19.6%), Vitamin B6: 0.34mg (16.88%), Manganese: 0.31mg (15.7%), Vitamin E: 2.18mg (14.56%), Fiber: 3.2g (12.81%), Potassium: 399.29mg (11.41%), Folate: 33.87µg (8.47%), Vitamin B3: 1.18mg (5.89%),

Magnesium: 22.49mg (5.62%), Copper: 0.11mg (5.26%), Vitamin B1: 0.07mg (4.93%), Phosphorus: 48.6mg (4.86%),
Vitamin B2: 0.07mg (3.84%), Calcium: 31.58mg (3.16%), Iron: 0.55mg (3.07%), Vitamin B5: 0.31mg (3.06%), Zinc:
0.31mg (2.1%), Selenium: 0.71µg (1.02%)