



Jalapeno Salsa Ranchera



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 handful cilantro leaves chopped ()
- ☐ 1 tablespoon corn oil
- ☐ 1 teaspoon cumin toasted (and ground)
- ☐ 14 ounce canned tomatoes diced fire roasted good canned (is)
- ☐ 2 cloves garlic chopped ()
- ☐ 1 jalapeño chopped ()
- ☐ 1 small onion chopped ()

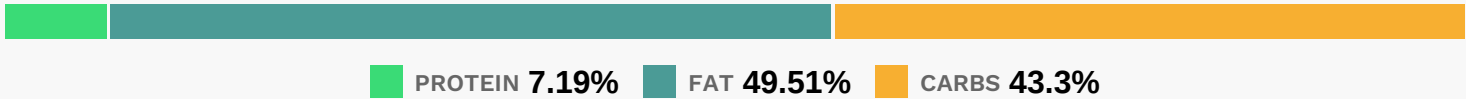
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the onions and saute until tender, about 5–7 minutes.
- ☐ Add the garlic, jalapeno and cumin and saute until fragrant, about a minute.
- ☐ Add the tomatoes and bring to a boil.
- ☐ Reduce heat and simmer until the sauce thickens, about 20 minutes.
- ☐ Remove from heat and stir in the cilantro.
- ☐ Puree in a food processor if desired.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:2.6378261226675%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 66.12kcal (3.31%), Fat: 3.65g (5.62%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 7.19g (2.4%), Net Carbohydrates: 5.92g (2.15%), Sugar: 3.21g (3.57%), Cholesterol: 0mg (0%), Sodium: 155.16mg (6.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.39%), Vitamin A: 508.94IU (10.18%), Vitamin C: 8.01mg (9.71%), Iron: 0.96mg (5.31%), Vitamin K: 5.35µg (5.09%), Fiber: 1.27g (5.09%), Vitamin E: 0.69mg (4.61%), Calcium: 42.25mg (4.23%), Manganese: 0.07mg (3.6%), Vitamin B6: 0.06mg (2.9%), Potassium: 54.4mg (1.55%), Folate: 4.99µg (1.25%), Magnesium: 4.74mg (1.19%), Phosphorus: 11.26mg (1.13%), Vitamin B1: 0.02mg (1.08%)