



Jen's Fresh and Spicy Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



8 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon garlic powder
- 10 green onions
- 1 teaspoon ground pepper black
- 2 jalapeño peppers fresh seeded
- 2 tablespoons juice of lime fresh
- 2 tablespoons pepper sauce hot
- 5 roma tomatoes seeded chopped (plum)

1 teaspoon salt

Equipment

food processor

bowl

blender

Directions

In a blender or food processor, pulse the tomatoes, green onions, jalapeno peppers, and cilantro to desired consistency.

Transfer to a bowl, and mix in the lime juice, hot pepper sauce, black pepper, garlic powder, and salt.

Nutrition Facts



Properties

Glycemic Index:10.69, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:2.3647826508335%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 8.03kcal (0.4%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.29g (0.47%), Sugar: 0.82g (0.91%), Cholesterol: 0mg (0%), Sodium: 190.8mg (8.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.39g (0.78%), Vitamin K: 18.41µg (17.53%), Vitamin C: 7.99mg (9.68%), Vitamin A: 276.16IU (5.52%), Manganese: 0.06mg (2.81%), Potassium: 80.72mg (2.31%), Folate: 8.73µg (2.18%), Fiber: 0.54g (2.18%), Vitamin B6: 0.03mg (1.73%), Vitamin E: 0.22mg (1.49%), Magnesium: 4.55mg (1.14%), Iron: 0.21mg (1.14%), Copper: 0.02mg (1.14%)