



WHATSheATE



HEALTH SCORE

63%

## La Norteña's Homemade Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients



1 garlic head whole



6 jalapeño peppers



0.3 cup juice of lime fresh



3 cups sacramento tomato juice



2.5 pounds tomatoes ripe

### Equipment



bowl



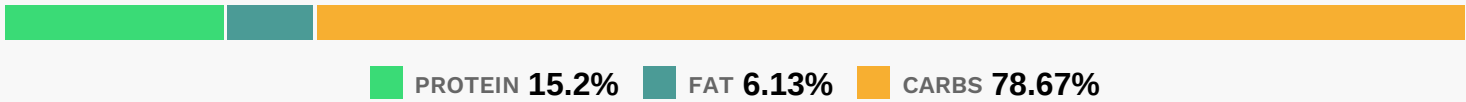
oven

- ☐ blender
- ☐ grill
- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

## Directions

- ☐ Preheat oven to 350
- ☐ Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap in foil.
- ☐ Bake at 350 for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Prepare grill or broiler.
- ☐ Place tomatoes and peppers on a grill rack or broiler pan coated with cooking spray; grill or broil for 15 minutes or until skins are blackened, turning occasionally. Peel tomatoes and peppers.
- ☐ Place half of garlic pulp, half of tomatoes, and half of peppers in a blender, and process until coarsely chopped.
- ☐ Pour garlic mixture into a bowl. Repeat procedure with remaining garlic pulp, tomatoes, and peppers. Stir tomato juice and lime juice into garlic mixture.
- ☐ Serve remaining salsa with baked tortilla chips or over grilled fish.

## Nutrition Facts



## Properties

Glycemic Index:21.89, Glycemic Load:3.61, Inflammation Score:-9, Nutrition Score:13.640869524168%

## 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: 1.32mg, Naringenin: 1.32mg, Naringenin: 1.32mg, Naringenin: 1.32mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg

0.31mg, Myricetin: 0.31mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 62kcal (3.1%), Fat: 0.5g (0.77%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 14.43g (4.81%), Net Carbohydrates: 11.23g (4.08%), Sugar: 10.05g (11.16%), Cholesterol: 0mg (0%), Sodium: 22.31mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin C: 67.91mg (82.32%), Vitamin A: 2277.1IU (45.54%), Potassium: 774.68mg (22.13%), Vitamin K: 20.38µg (19.41%), Vitamin B6: 0.35mg (17.74%), Manganese: 0.32mg (16.21%), Folate: 57.45µg (14.36%), Vitamin E: 1.93mg (12.89%), Fiber: 3.2g (12.79%), Vitamin B3: 2.14mg (10.69%), Copper: 0.2mg (9.81%), Magnesium: 37.19mg (9.3%), Vitamin B1: 0.14mg (9.08%), Phosphorus: 73.05mg (7.3%), Iron: 1.09mg (6.03%), Vitamin B5: 0.53mg (5.31%), Vitamin B2: 0.09mg (5.03%), Zinc: 0.54mg (3.58%), Calcium: 35.05mg (3.5%)