



Lori's Salsa Ranchera

☒ Gluten Free ☒ Dairy Free

Image not found or type unknown

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 slices bacon cut into 1/4-inch slices
- ☐ 0.5 teaspoon cumin
- ☐ 4 servings serving suggestions: morning eggs
- ☐ 1 clove garlic minced
- ☐ 1 medium onion diced finely
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2 serrano peppers diced finely

☐ 4 medium tomatoes diced finely

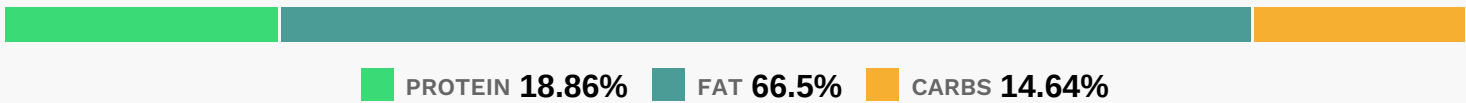
Equipment

☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a skillet, cook the bacon until done but soft, not crisp.
- ☐ Add the tomatoes, peppers, onions, garlic, cumin, salt and pepper. Bring the mixture to a boil. Reduce the heat to simmer, cover and cook for 10 minutes.
- ☐ Remove from the heat and serve hot over your morning eggs (huevos rancheros), tamales, beans (frijoles) or potatoes (papas).
- ☐ Serve cold with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:1.91, Inflammation Score:-7, Nutrition Score:12.047391207322%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg, Quercetin: 6.79mg

Nutrients (% of daily need)

Calories: 237kcal (11.85%), Fat: 17.63g (27.13%), Saturated Fat: 5.82g (36.37%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 6.6g (2.4%), Sugar: 4.69g (5.21%), Cholesterol: 185.46mg (61.82%), Sodium: 579.75mg (25.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.25g (22.5%), Selenium: 20.42µg (29.17%), Vitamin A: 1306.99IU (26.14%), Vitamin C: 20.49mg (24.83%), Phosphorus: 175.93mg (17.59%), Vitamin B6: 0.32mg (15.99%), Vitamin B2: 0.26mg (15.46%), Potassium: 476.07mg (13.6%), Manganese: 0.23mg (11.74%), Vitamin B1: 0.17mg (11.44%), Folate: 45.11µg (11.28%), Vitamin B3: 2.19mg (10.94%), Vitamin B5: 1.01mg (10.13%), Vitamin K: 10.54µg (10.04%), Vitamin B12: 0.56µg (9.28%), Vitamin E: 1.3mg (8.7%), Fiber: 2.13g (8.51%), Iron: 1.51mg (8.41%), Zinc: 1.24mg

(8.29%), Copper: 0.14mg (6.95%), Magnesium: 27.5mg (6.88%), Vitamin D: 1.01µg (6.75%), Calcium: 49.66mg (4.97%)