



Mark's Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



365 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup firmly brown sugar packed (Add more if needed)
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 10 garlic cloves chopped
- ☐ 2 tablespoons penzey's southwest seasoning italian
- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons olive oil

- ☐ 2 cups onions chopped
- ☐ 4 cups and/or peppers sweet hot chopped
- ☐ 4 ounce tomato paste canned
- ☐ 2 cups tomatoes pureed
- ☐ 4 cups tomatoes chopped
- ☐ 2 cups vinegar

Equipment

- ☐ sauce pan

Directions

- ☐ Combine first 11 ingredients in a saucepan over medium-low heat for 20 minutes, stirring occasionally.
- ☐ Add basil and remaining herbs.
- ☐ Remove from heat.
- ☐ Serve immediately or chill.
- ☐ (This recipe makes a 2 1/2-quart batch. You may want to half it.)

Nutrition Facts



Properties

Glycemic Index:83.6, Glycemic Load:8.2, Inflammation Score:-10, Nutrition Score:24.870869595072%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg, Apigenin: 3.46mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.29mg, Isorhamnetin: 3.29mg, Isorhamnetin: 3.29mg, Isorhamnetin: 3.29mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 14.23mg, Quercetin: 14.23mg, Quercetin: 14.23mg, Quercetin: 14.23mg

Nutrients (% of daily need)

Calories: 364.97kcal (18.25%), Fat: 6.76g (10.4%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 72.41g (24.14%), Net Carbohydrates: 65.85g (23.94%), Sugar: 57.78g (64.2%), Cholesterol: 0mg (0%), Sodium: 69.31mg (3.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.64g (11.29%), Vitamin C: 210.45mg (255.09%), Vitamin K: 80.44µg (76.61%), Vitamin A: 2948.63IU (58.97%), Vitamin B6: 0.98mg (49.05%), Manganese: 0.85mg (42.7%), Potassium: 1101.72mg (31.48%), Fiber: 6.56g (26.24%), Vitamin E: 3.3mg (22%), Folate: 79.72µg (19.93%), Copper: 0.39mg (19.66%), Iron: 3.51mg (19.5%), Magnesium: 72.38mg (18.09%), Vitamin B3: 3.13mg (15.67%), Calcium: 148.18mg (14.82%), Vitamin B1: 0.22mg (14.58%), Phosphorus: 141.22mg (14.12%), Vitamin B2: 0.19mg (11.05%), Vitamin B5: 0.67mg (6.74%), Zinc: 0.97mg (6.45%), Selenium: 3.06µg (4.37%)