



Mary's Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons cilantro leaves fresh minced
- ☐ 1 garlic clove minced
- ☐ 1 jalapeno seeded chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.7 cup onion diced
- ☐ 2 cups tomatoes diced (2 medium)

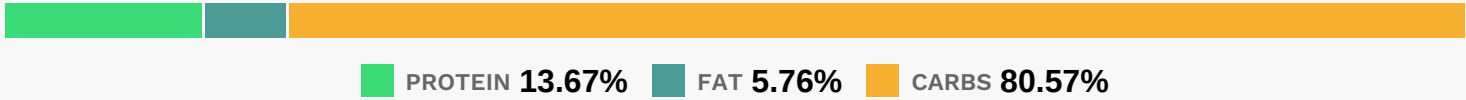
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a bowl; cover and chill 1 hour.
- ☐ Serve with baked tortilla chips or as a topping for grilled chicken, fish, or hamburgers.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:0.71, Inflammation Score:-3, Nutrition Score:2.1260869788087%

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: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 13.61kcal (0.68%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.35g (0.86%), Sugar: 1.65g (1.84%), Cholesterol: 0mg (0%), Sodium: 2.62mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.05%), Vitamin C: 8.89mg (10.77%), Vitamin A: 340.52IU (6.81%), Vitamin K: 3.8µg (3.62%), Manganese: 0.07mg (3.43%), Potassium: 116.57mg (3.33%), Fiber: 0.74g (2.97%), Vitamin B6: 0.06mg (2.94%), Folate: 8.89µg (2.22%), Vitamin E: 0.27mg (1.83%), Copper: 0.03mg (1.5%), Magnesium: 5.98mg (1.49%), Vitamin B1: 0.02mg (1.46%), Phosphorus: 14.17mg (1.42%), Vitamin B3: 0.27mg (1.33%)