

Mexi-Italian Salsa

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

10

CALORIES

calories

36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.3 ounce olives black drained sliced canned
- ☐ 3 tablespoons basil fresh chopped
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.3 teaspoon penzey's southwest seasoning italian
- ☐ 2 tablespoons juice of lemon

- ☐
- 6 ounce marinated artichoke hearts drained chopped canned

☐☐☐☐

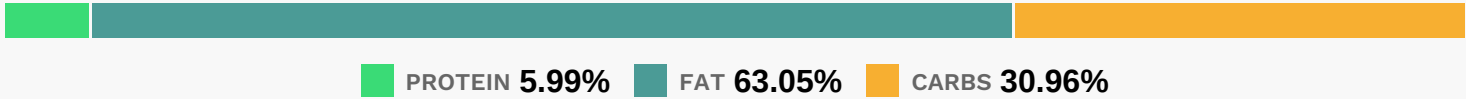
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Gently stir the tomatoes, onion, olives, and artichoke hearts in a bowl; set aside.
- ☐ Whisk together the lemon juice, garlic, basil, red pepper flakes, Italian seasoning, cumin, cilantro, salt, and pepper in a separate bowl. Fold the dressing into the tomato mixture.

Nutrition Facts



Properties

Glycemic Index:23.9, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:2.0082608863063%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 35.75kcal (1.79%), Fat: 2.59g (3.98%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 2.86g (0.95%), Net Carbohydrates: 1.9g (0.69%), Sugar: 1.02g (1.13%), Cholesterol: 0mg (0%), Sodium: 224.56mg (9.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.11%), Vitamin C: 8.02mg (9.72%), Vitamin A: 406.64IU (8.13%), Vitamin K: 4.86µg (4.63%), Fiber: 0.95g (3.81%), Manganese: 0.05mg (2.72%), Vitamin E: 0.39mg (2.58%),

Potassium: 65.53mg (1.87%), Vitamin B6: 0.04mg (1.76%), Iron: 0.31mg (1.74%), Calcium: 13.83mg (1.38%), Copper: 0.03mg (1.36%), Folate: 5.27µg (1.32%), Magnesium: 4.48mg (1.12%)