

Mexican Salsa II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



3

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup cilantro leaves fresh chopped
- ☐ 1 clove garlic crushed peeled
- ☐ 0.5 cup onion chopped
- ☐ 5 roma tomatoes (plum)
- ☐ 3 servings salt to taste
- ☐ 3 serrano peppers

Equipment

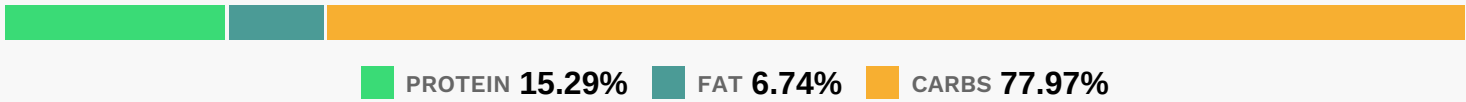
- ☐ food processor

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place roma (plum) tomatoes and serrano peppers in a medium saucepan over medium high heat with enough water to cover. Bring to a boil. Boil 15 minutes.
- ☐ Remove from heat and drain.
- ☐ Place roma tomatoes, serrano peppers, onion, cilantro and garlic in a blender or food processor. Puree about 30 seconds, or to desired consistency.
- ☐ Transfer to a medium serving bowl, and salt to taste.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:1.71, Inflammation Score:-7, Nutrition Score:6.2491304498652%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg, Quercetin: 8.87mg

Nutrients (% of daily need)

Calories: 33.49kcal (1.67%), Fat: 0.28g (0.44%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 5.34g (1.94%), Sugar: 4.12g (4.58%), Cholesterol: 0mg (0%), Sodium: 202.43mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.89%), Vitamin C: 20.1mg (24.36%), Vitamin A: 1157.54IU (23.15%), Vitamin K: 20.02µg (19.06%), Manganese: 0.2mg (9.79%), Potassium: 324.71mg (9.28%), Fiber: 2.04g (8.14%), Vitamin B6: 0.16mg (8.13%), Folate: 24.18µg (6.05%), Vitamin E: 0.69mg (4.63%), Copper: 0.09mg (4.51%), Magnesium: 16.53mg (4.13%), Vitamin B3: 0.78mg (3.92%), Vitamin B1: 0.06mg (3.87%), Phosphorus: 38.17mg (3.82%), Iron: 0.47mg (2.6%), Vitamin B2: 0.04mg (2.27%), Calcium: 21.44mg (2.14%), Zinc: 0.27mg (1.78%), Vitamin B5: 0.16mg (1.63%)