

Mexina Salsa Verde

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



40 min.

SERVINGS



8

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 jalapeño chilies fresh
- 0.5 cup cilantro leaves chopped
- 3 tomatoes green
- 0.3 cup juice of lime
- 1 medium onion chopped
- 8 servings salt and pepper to taste
- 1 large tomatoes red

Equipment

pot

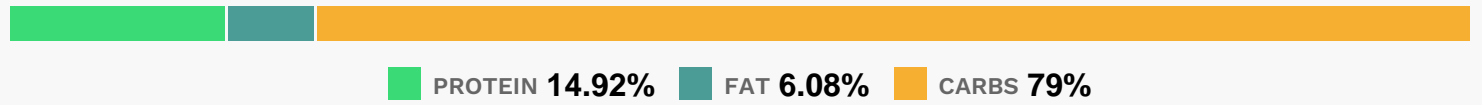
blender

Directions

Place tomatoes and jalapenos in a pot, and cover with water. Bring to a boil, and cook until the tomatoes and jalapenos turn light green, about 15 minutes.

Drain well, and place in a blender with the onion, lime juice, salt, pepper, and cilantro. Puree to desired consistency and chill.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:0.89, Inflammation Score:-6, Nutrition Score:5.2913043330545%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 26.82kcal (1.34%), Fat: 0.21g (0.33%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 4.95g (1.8%), Sugar: 3.76g (4.18%), Cholesterol: 0mg (0%), Sodium: 203.1mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin C: 33.63mg (40.77%), Vitamin A: 664.27IU (13.29%), Vitamin K: 11.23µg (10.7%), Vitamin B6: 0.13mg (6.67%), Potassium: 218.41mg (6.24%), Manganese: 0.12mg (5.85%), Fiber: 1.24g (4.96%), Copper: 0.08mg (3.96%), Vitamin B1: 0.05mg (3.54%), Folate: 14.14µg (3.54%), Vitamin B5: 0.31mg (3.05%), Magnesium: 11.95mg (2.99%), Phosphorus: 28.74mg (2.87%), Vitamin E: 0.42mg (2.8%), Vitamin B3: 0.54mg (2.72%), Iron: 0.47mg (2.6%), Vitamin B2: 0.04mg (2.29%), Calcium: 14.86mg (1.49%)