



## Oil-Free Chunky Tomato Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons basil fresh minced
- 0.5 teaspoon garlic minced
- 1.5 teaspoons commercial oil-free dressing italian
- 0.3 cup onion minced
- 0.3 teaspoon pepper freshly ground
- 1.5 cups tomatoes seeded chopped

### Equipment

- bowl

## Directions

- Combine all ingredients in a small bowl; stir well. Cover and let stand at room temperature at least 1 hour.

## Nutrition Facts

**PROTEIN 8.72%** **FAT 47.84%** **CARBS 43.44%**

## Properties

Glycemic Index:32.83, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:1.9700000175963%

## Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

## Nutrients (% of daily need)

Calories: 18.95kcal (0.95%), Fat: 1.09g (1.68%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 1.63g (0.59%), Sugar: 1.27g (1.41%), Cholesterol: 0mg (0%), Sodium: 2.21mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.89%), Vitamin C: 5.79mg (7.02%), Vitamin A: 346.07IU (6.92%), Vitamin K: 6.59µg (6.28%), Manganese: 0.07mg (3.68%), Potassium: 102.09mg (2.92%), Vitamin E: 0.38mg (2.56%), Fiber: 0.6g (2.39%), Vitamin B6: 0.04mg (2.11%), Folate: 7.33µg (1.83%), Copper: 0.03mg (1.45%), Magnesium: 5.4mg (1.35%), Vitamin B3: 0.24mg (1.19%), Vitamin B1: 0.02mg (1.18%), Phosphorus: 11.76mg (1.18%)