



Pickled Okra Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14.5 oz canned tomatoes diced with mild green chiles, drained canned
- 4 teaspoons cilantro leaves fresh chopped
- 1 teaspoon juice of lime fresh
- 5 okra whole sliced
- 0.1 teaspoon pepper freshly ground
- 0.3 teaspoon salt
- 0.5 cup onion sweet chopped

Equipment

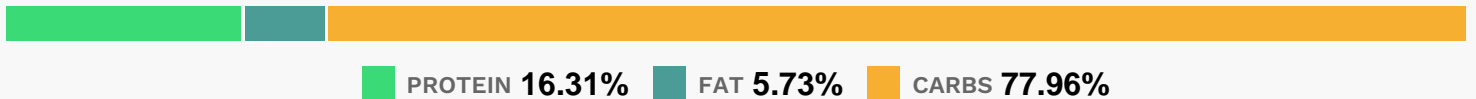
food processor

Directions

Pulse first 6 ingredients and half of tomatoes in a food processor 4 to 6 times or until thoroughly combined. Stir in remaining diced tomatoes.

Serve immediately, or cover and chill. Store in refrigerator up to 7 days. If refrigerated, let stand at room temperature 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:0.93, Inflammation Score:-2, Nutrition Score:2.802608711564%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 17.89kcal (0.89%), Fat: 0.13g (0.21%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 4.11g (1.37%), Net Carbohydrates: 3.05g (1.11%), Sugar: 2.31g (2.56%), Cholesterol: 0mg (0%), Sodium: 113.49mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin C: 5.71mg (6.92%), Manganese: 0.13mg (6.61%), Copper: 0.09mg (4.34%), Potassium: 149.04mg (4.26%), Vitamin B6: 0.09mg (4.26%), Fiber: 1.05g (4.22%), Vitamin K: 4.25µg (4.05%), Vitamin E: 0.53mg (3.56%), Iron: 0.6mg (3.31%), Magnesium: 12.46mg (3.11%), Vitamin B1: 0.05mg (3.09%), Vitamin B3: 0.57mg (2.87%), Folate: 10.86µg (2.72%), Vitamin A: 134.51IU (2.69%), Calcium: 20.74mg (2.07%), Phosphorus: 19.1mg (1.91%), Vitamin B2: 0.03mg (1.57%), Vitamin B5: 0.14mg (1.38%), Zinc: 0.16mg (1.05%)