



Quick Party Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 ounce canned tomatoes diced with roasted garlic canned
- ☐ 1 teaspoon chili powder
- ☐ 1 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 large jalapeno seeded chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons juice of lime
- ☐ 1 small onion red chopped

- ☐ 0.3 teaspoon salt
- ☐ 4 servings tortilla chips

Equipment

- ☐ bowl

Directions

- ☐ Combine first 9 ingredients and, if desired, sugar in a large bowl. Cover and chill until ready to serve.
- ☐ Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:4.69, Inflammation Score:-8, Nutrition Score:15.307391239249%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg

Nutrients (% of daily need)

Calories: 215.41kcal (10.77%), Fat: 6.62g (10.18%), Saturated Fat: 0.91g (5.66%), Carbohydrates: 38.01g (12.67%), Net Carbohydrates: 31.77g (11.55%), Sugar: 10.66g (11.84%), Cholesterol: 0mg (0%), Sodium: 511.44mg (22.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.75%), Vitamin C: 30.72mg (37.23%), Vitamin K: 30.13µg (28.69%), Vitamin E: 3.93mg (26.23%), Fiber: 6.24g (24.96%), Manganese: 0.45mg (22.34%), Copper: 0.42mg (21.22%), Potassium: 737.3mg (21.07%), Vitamin B6: 0.42mg (21.02%), Iron: 3.58mg (19.86%), Vitamin A: 894.5IU (17.89%), Magnesium: 71.15mg (17.79%), Vitamin B3: 2.88mg (14.4%), Phosphorus: 142.95mg (14.3%), Vitamin B1: 0.21mg (14.19%), Calcium: 114.47mg (11.45%), Folate: 40.25µg (10.06%), Vitamin B5: 0.97mg (9.75%), Vitamin B2: 0.15mg (8.69%), Zinc: 1.05mg (7%), Selenium: 2.75µg (3.93%)