



Quick Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1.5 tablespoons cilantro leaves fresh chopped



1 tablespoon juice of lime fresh



3 cups tomato blend hearty



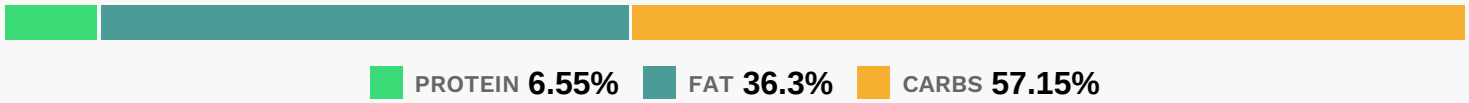
10 servings tortilla chips

Equipment

Directions

- ☐
- Stir together Hearty Tomato Blend, cilantro, and lime juice. Cover and chill 1 hour before serving.
- ☐
- Serve with tortilla chips.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:4.1460869156796%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 140.59kcal (7.03%), Fat: 5.89g (9.06%), Saturated Fat: 0.8g (5%), Carbohydrates: 20.85g (6.95%), Net Carbohydrates: 18.8g (6.83%), Sugar: 1.42g (1.58%), Cholesterol: 0mg (0%), Sodium: 94.13mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin K: 9.58µg (9.12%), Vitamin E: 1.23mg (8.23%), Fiber: 2.06g (8.22%), Vitamin C: 6.59mg (7.99%), Vitamin A: 377.99IU (7.56%), Phosphorus: 73.97mg (7.4%), Magnesium: 28.57mg (7.14%), Potassium: 158.97mg (4.54%), Vitamin B6: 0.09mg (4.33%), Vitamin B5: 0.37mg (3.74%), Vitamin B1: 0.06mg (3.74%), Calcium: 34.4mg (3.44%), Zinc: 0.46mg (3.09%), Iron: 0.55mg (3.05%), Copper: 0.05mg (2.7%), Manganese: 0.05mg (2.57%), Folate: 10.25µg (2.56%), Vitamin B3: 0.5mg (2.51%), Selenium: 1.23µg (1.76%), Vitamin B2: 0.03mg (1.67%)