



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 B1: 0.06mg (3.74%), Vitamin B5: 0.37mg (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%)