



Range Fire Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon chile flakes hot
- 1.3 cups cider vinegar
- 2 tablespoons garlic minced
- 1.5 teaspoons ground cumin
- 3.5 ounces jalapeño chiles fresh (5)
- 0.3 cup juice of lemon
- 3.8 pounds onions
- 1.5 teaspoons pepper

- 2 tablespoons salt
- 7.3 pounds tomatoes ripe peeled (see notes)
- 2.3 pounds bell peppers green yellow (and/or)
- 6 servings canning instructions
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Equipment

- frying pan

Directions

- Follow steps 1 through 4 of Canning Instructions, using seven pint-size jars.
- Coarsely chop tomatoes; you should have 3 quarts, including juices. Stem, seed, and coarsely chop bell peppers; you should have 1 1/2 quarts. Peel and coarsely chop onions; you should have 1 1/2 quarts. Stem and mince jalapeos; you should have 3/4 cup.
- In an 8- to 10-quart pan, combine tomatoes, bell peppers, onions, jalapeos, vinegar, lemon juice, garlic, salt, chile flakes, pepper, and cumin. Measure volume. Bring to a boil over high heat, stirring occasionally. Reduce heat to medium-high and stir often for 1 hour. Reduce heat to medium and stir often until thick and reduced by half, about 1 hour more.
- Follow steps 5 through 11 of Canning Instructions, leaving 1/2 inch of headspace in each jar and processing jars for 15 minutes (see notes).

Nutrition Facts



PROTEIN 13.48% **FAT 6.28%** **CARBS 80.24%**

Properties

Glycemic Index:35.67, Glycemic Load:12.67, Inflammation Score:-10, Nutrition Score:35.435217349426%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 3.87mg, Naringenin: 3.87mg, Naringenin: 3.87mg, Naringenin: 3.87mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 8.59mg, Luteolin: 8.59mg, Luteolin: 8.59mg, Luteolin: 8.59mg Isorhamnetin: 14.2mg, Isorhamnetin: 14.2mg, Isorhamnetin: 14.2mg, Isorhamnetin: 14.2mg Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg, Kaempferol: 2.45mg

Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 65.55mg, Quercetin: 65.55mg, Quercetin: 65.55mg, Quercetin: 65.55mg

Nutrients (% of daily need)

Calories: 275.69kcal (13.78%), Fat: 2.1g (3.23%), Saturated Fat: 0.44g (2.77%), Carbohydrates: 60.31g (20.1%), Net Carbohydrates: 44.72g (16.26%), Sugar: 31.94g (35.49%), Cholesterol: 0mg (0%), Sodium: 2395.86mg (104.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.13g (20.27%), Vitamin C: 262.32mg (317.96%), Vitamin A: 5807.47IU (116.15%), Manganese: 1.5mg (75.03%), Vitamin B6: 1.31mg (65.62%), Fiber: 15.59g (62.35%), Potassium: 2162.16mg (61.78%), Vitamin K: 62.85µg (59.85%), Folate: 160.8µg (40.2%), Vitamin E: 4.81mg (32.06%), Vitamin B1: 0.46mg (30.34%), Copper: 0.6mg (29.88%), Magnesium: 117.26mg (29.31%), Phosphorus: 269.5mg (26.95%), Vitamin B3: 4.85mg (24.27%), Iron: 3.5mg (19.45%), Calcium: 161.27mg (16.13%), Vitamin B2: 0.26mg (15.36%), Zinc: 1.82mg (12.1%), Vitamin B5: 1.11mg (11.11%), Selenium: 2.25µg (3.22%)