



Restaurant-Style Salsa

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounce canned tomatoes diced with green chiles, undrained canned
- 0.5 cup chicken broth
- 29 ounce fire-roasted diced whole undrained canned
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves coarsely chopped
- 3 tablespoons juice of lime fresh
- 1 teaspoon lime zest
- 1 teaspoon salt

0.3 onion white yellow

Equipment

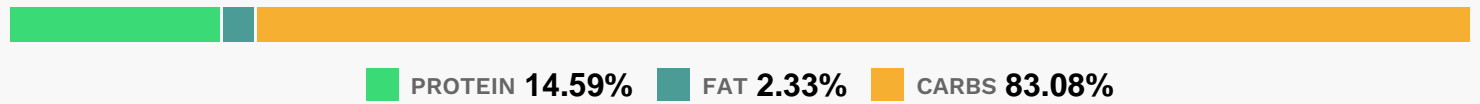
food processor

blender

Directions

Combine first 5 ingredients in a blender or food processor; blend until very finely chopped. Stir in lime zest and remaining ingredients. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:4.0234782883654%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 55.41kcal (2.77%), Fat: 0.15g (0.22%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 11.69g (3.9%), Net Carbohydrates: 9.67g (3.52%), Sugar: 5.66g (6.29%), Cholesterol: 0.47mg (0.16%), Sodium: 812.15mg (35.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.11%), Vitamin A: 783.42IU (15.67%), Vitamin C: 12.05mg (14.6%), Iron: 1.51mg (8.42%), Fiber: 2.02g (8.09%), Calcium: 73.5mg (7.35%), Vitamin B6: 0.09mg (4.46%), Manganese: 0.09mg (4.39%), Vitamin K: 4.22µg (4.02%), Potassium: 138.87mg (3.97%), Vitamin B2: 0.05mg (2.98%), Vitamin E: 0.44mg (2.92%), Copper: 0.05mg (2.66%), Vitamin B1: 0.04mg (2.55%), Vitamin B3: 0.49mg (2.46%), Magnesium: 8.29mg (2.07%), Folate: 7.04µg (1.76%), Phosphorus: 16.86mg (1.69%)