



Restaurant-Style Salsa

READY IN

ready

75 min.

SERVINGS

servings

12

CALORIES

calories

11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 28 ounce canned tomatoes whole with juice canned
- ☐ 20 ounce tomatoes and chiles diced green such as rotel canned
- ☐ 0.5 cup cilantro leaves fresh (to taste!)
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 jalapeño whole with seeds and membrane sliced quartered thin
- ☐ 0.5 juice of lime whole juiced
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon salt

☐ 0.3 teaspoon sugar

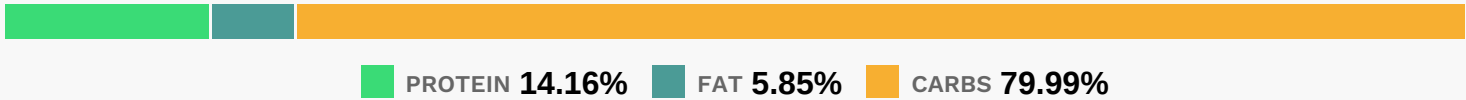
Equipment

- ☐ food processor
- ☐ mixing bowl
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the diced tomatoes, whole tomatoes, cilantro, onions, garlic, jalapeno, cumin, salt, sugar and lime juice in a blender or food processor. (This is a very large batch. I recommend using a 12-cup food processor, or you can process the ingredients in batches and then mix everything together in a large mixing bowl.)
- ☐ Pulse until you get the salsa to the consistency you'd like. I do about 10 to 15 pulses. Test seasonings with a tortilla chip and adjust as needed.
- ☐ Refrigerate the salsa for at least an hour before serving.

Nutrition Facts



Properties

Glycemic Index:16.34, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:1.939999985954%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 11.02kcal (0.55%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2g (0.73%), Sugar: 1.43g (1.59%), Cholesterol: 0mg (0%), Sodium: 53.79mg (2.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin C: 6.66mg (8.07%), Vitamin K: 3.68µg (3.5%),

Vitamin B6: 0.07mg (3.3%), Potassium: 103.28mg (2.95%), Iron: 0.51mg (2.85%), Vitamin E: 0.38mg (2.56%),
Manganese: 0.05mg (2.53%), Fiber: 0.6g (2.38%), Vitamin A: 114.09IU (2.28%), Copper: 0.04mg (1.87%), Vitamin B3:
0.37mg (1.84%), Vitamin B2: 0.03mg (1.73%), Calcium: 17.05mg (1.7%), Vitamin B1: 0.02mg (1.65%), Magnesium:
6.2mg (1.55%), Folate: 5.28µg (1.32%), Phosphorus: 11.33mg (1.13%)