



 **33%**
HEALTH SCORE

Restaurant Style Salsa

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



4

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 28 oz frangelico whole with juice canned
- 0.5 cup cilantro leaves fresh (large stems removed)
- 1 clove garlic minced
- 0.3 t ground cumin
- 1 jalapeno whole seeds removed, sliced thin. quartered
- 2 juice of lime
- 0.3 onion chopped
- 10 oz canned tomatoes diced green canned (or the store brand of tomatoes and chiles)

- 4 servings salt to taste
- 0.3 t penzey's southwest seasoning (or another brand)
- 0.3 t sugar

Equipment

- food processor

Directions

- Combine all ingredients in a food processor. Pulse until you get the salsa consistency you like. 10 to 15 pulses. Test seasonings and adjust accordingly. Store in a Tupperware container. Ready in 5 minutes

Nutrition Facts



PROTEIN 12.19% **FAT 5.67%** **CARBS 82.14%**

Properties

Glycemic Index: 50.27, Glycemic Load: 0.45, Inflammation Score: -7, Nutrition Score: 4.1365217391304%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Taste

Sweetness: 73.05%, Saltiness: 35.19%, Sourness: 100%, Bitterness: 25.42%, Savoriness: 23.32%, Fattiness: 16.56%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 23.44kcal (1.17%), Fat: 0.18g (0.27%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 4.62g (1.68%), Sugar: 2.68g (2.98%), Cholesterol: 0mg (0%), Sodium: 202.89mg (8.82%), Protein: 0.86g (1.73%), Vitamin C: 16.54mg (20.05%), Vitamin K: 10.96µg (10.43%), Vitamin B6: 0.12mg (6.17%), Manganese: 0.11mg (5.53%), Potassium: 189.1mg (5.4%), Vitamin A: 270.14IU (5.4%), Iron: 0.97mg (5.39%), Vitamin E: 0.75mg (5.02%), Fiber: 1.2g (4.8%), Calcium: 34.98mg (3.5%), Copper: 0.07mg (3.36%), Vitamin B3: 0.63mg (3.13%),

Magnesium: 12.21mg (3.05%), Vitamin B2: 0.05mg (3.04%), Vitamin B1: 0.04mg (2.96%), Folate: 11.43µg (2.86%),
Phosphorus: 21.66mg (2.17%), Vitamin B5: 0.14mg (1.4%), Zinc: 0.16mg (1.08%)