



Roast Zucchini Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



8

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 handful cilantro leaves coarsely chopped
- ☐ 2 cloves garlic
- ☐ 1 jalapeño coarsely chopped
- ☐ 0.5 juice of lime
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup pepitas toasted
- ☐ 8 servings salt and pepper to taste
- ☐ 2 medium zucchini halved lengthwise

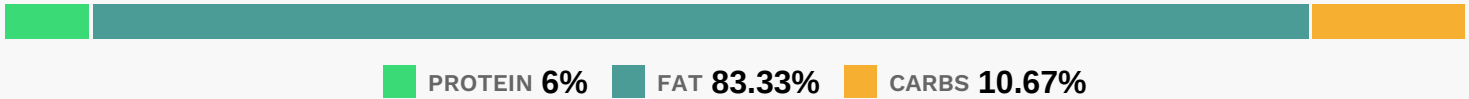
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Brush the zucchini in oil, place it on a baking sheet with the cut side up and roast on the top shelf in a preheated 450F oven until tender, about 45 minutes.Puree everything in a food processor.

Nutrition Facts



Properties

Glycemic Index:14.88, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:3.7213043000387%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 81.39kcal (4.07%), Fat: 7.9g (12.16%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 1.58g (0.57%), Sugar: 1.37g (1.52%), Cholesterol: 0mg (0%), Sodium: 198.43mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.56%), Vitamin C: 11.82mg (14.32%), Manganese: 0.19mg (9.74%), Vitamin K: 8.21µg (7.82%), Vitamin E: 1.15mg (7.7%), Magnesium: 21.4mg (5.35%), Vitamin B6: 0.1mg (5.04%), Phosphorus: 45.38mg (4.54%), Potassium: 156.32mg (4.47%), Folate: 13.91µg (3.48%), Vitamin B2: 0.05mg (3.07%), Vitamin A: 151.93IU (3.04%), Copper: 0.06mg (2.88%), Fiber: 0.7g (2.79%), Iron: 0.42mg (2.36%), Zinc: 0.33mg (2.19%), Vitamin B1: 0.03mg (2.03%), Vitamin B3: 0.36mg (1.78%), Vitamin B5: 0.13mg (1.3%), Calcium: 11.11mg (1.11%)