



Roasted-Chipotle Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 teaspoon pepper black
- ☐ 0.3 cup chipotle chiles in adobo sauce canned undrained
- ☐ 6 garlic cloves unpeeled
- ☐ 0.3 cup juice of lime
- ☐ 1.5 cups onion chopped
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 teaspoon salt

- ☐ 3 medium tomatoes
- ☐ 1 tablespoon vegetable oil
- ☐ 0.3 cup water

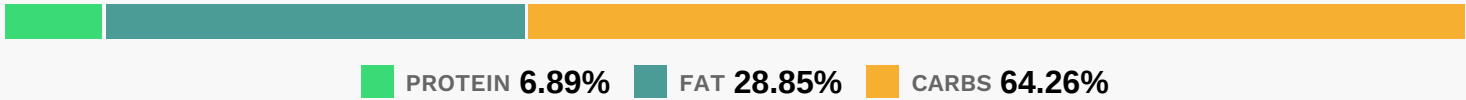
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place the first 3 ingredients on a baking sheet; broil for 20 minutes or until blackened, stirring often.
- ☐ Remove garlic cloves; squeeze to extract garlic pulp. Discard skins.
- ☐ Place onion, tomatoes, and garlic in a food processor; add the remaining ingredients, and process until smooth.
- ☐ Serve warm or at room temperature with baked tortilla chips.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:2.01, Inflammation Score:-6, Nutrition Score:3.867391296055%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg, Quercetin: 6.44mg

Nutrients (% of daily need)

Calories: 55.45kcal (2.77%), Fat: 1.86g (2.86%), Saturated Fat: 0.29g (1.84%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 7.01g (2.55%), Sugar: 4.5g (5%), Cholesterol: 0mg (0%), Sodium: 79.12mg (3.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Vitamin C: 11.52mg (13.96%), Manganese: 0.19mg (9.26%), Fiber: 2.3g (9.19%), Vitamin K: 8.94µg (8.51%), Vitamin A: 394.92IU (7.9%), Vitamin B6: 0.11mg (5.35%), Potassium: 186.4mg (5.33%), Iron: 0.64mg (3.58%), Folate: 14.08µg (3.52%), Vitamin E: 0.46mg (3.07%), Magnesium: 11.38mg (2.84%), Copper: 0.06mg (2.8%), Phosphorus: 26.55mg (2.66%), Vitamin B1: 0.04mg (2.53%), Calcium: 24.16mg (2.42%), Vitamin B3: 0.35mg (1.75%), Vitamin B2: 0.02mg (1.31%), Zinc: 0.18mg (1.19%), Vitamin B5: 0.11mg (1.06%)