



Roasted Habanero Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 habanero peppers seeded cut in half lengthwise and
- 9 plum tomatoes cut in half lengthwise
- 0.3 teaspoon salt

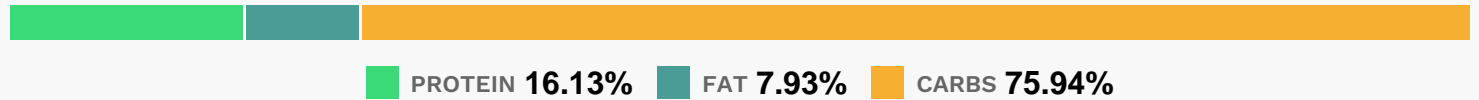
Equipment

- baking sheet
- oven
- blender
- aluminum foil

Directions

- Place pepper and tomato halves, skin side up, on an aluminum foil-lined baking sheet. Broil 3 inches from heat 10 minutes or until charred; turn and cook 10 additional minutes.
- Remove from oven; cool. (Do not remove charred skins.) Process peppers, tomatoes, any liquid, and salt in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.8, Inflammation Score:-6, Nutrition Score:4.8391304974971%

Flavonoids

Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 18.5kcal (0.93%), Fat: 0.19g (0.29%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 2.75g (1%), Sugar: 2.55g (2.83%), Cholesterol: 0mg (0%), Sodium: 77.05mg (3.35%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.87g (1.74%), Vitamin C: 33.47mg (40.58%), Vitamin A: 691.09IU (13.82%), Vitamin K: 7.71µg (7.34%), Potassium: 217.38mg (6.21%), Vitamin B6: 0.12mg (6.12%), Manganese: 0.12mg (5.8%), Fiber: 1.34g (5.37%), Folate: 13.44µg (3.36%), Vitamin E: 0.49mg (3.24%), Copper: 0.06mg (3.04%), Vitamin B1: 0.04mg (2.85%), Vitamin B3: 0.56mg (2.79%), Magnesium: 10.65mg (2.66%), Phosphorus: 22.69mg (2.27%), Iron: 0.29mg (1.61%), Vitamin B2: 0.02mg (1.27%), Zinc: 0.16mg (1.05%)