



Roasted Habanero Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 habanero chilies
- ☐ 2 cloves garlic
- ☐ 2 tablespoons juice of lime
- ☐ 1 serving salt to taste

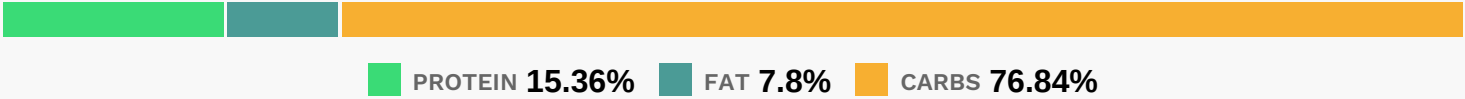
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

☐ Roast the peppers and garlic in a heavy bottomed pan until the start to blacken in spots, about 5–10 minutes, turning frequently. After the garlic has cooled, peel it and puree it along with the chilies and lime juice in a blender or food processor. Season with salt to taste.

Nutrition Facts



Properties

Glycemic Index:75, Glycemic Load:12.4, Inflammation Score:-10, Nutrition Score:26.835652413576%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 160.44kcal (8.02%), Fat: 1.63g (2.52%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 36.23g (12.08%), Net Carbohydrates: 30.58g (11.12%), Sugar: 19.65g (21.83%), Cholesterol: 0mg (0%), Sodium: 227.81mg (9.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.24g (14.48%), Vitamin C: 528.19mg (640.23%), Vitamin B6: 1.91mg (95.37%), Vitamin A: 3442.74IU (68.85%), Vitamin K: 50.68µg (48.27%), Manganese: 0.78mg (38.97%), Potassium: 1218.4mg (34.81%), Copper: 0.49mg (24.53%), Vitamin B3: 4.56mg (22.82%), Fiber: 5.65g (22.58%), Magnesium: 86.71mg (21.68%), Folate: 85.98µg (21.5%), Iron: 3.84mg (21.33%), Vitamin B2: 0.32mg (18.86%), Vitamin B1: 0.28mg (18.58%), Vitamin E: 2.55mg (17.03%), Phosphorus: 168.18mg (16.82%), Vitamin B5: 0.8mg (7.96%), Zinc: 1.03mg (6.87%), Calcium: 65.58mg (6.56%), Selenium: 2.68µg (3.83%)