



Roasted Poblano and Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon olive oil extra virgin extra-virgin
- ☐ 0.5 cup onion finely chopped
- ☐ 2 poblano pepper
- ☐ 0.5 teaspoon salt
- ☐ 3 cups tomatoes seeded chopped

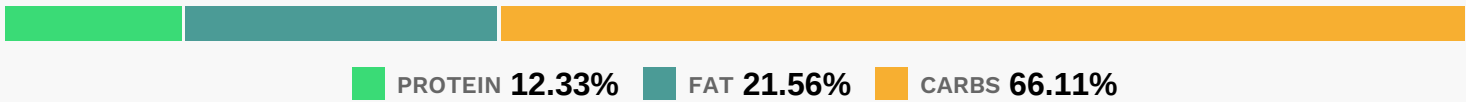
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Place chiles on a foil-lined baking sheet; broil 3 inches from heat 8 minutes or until blackened, turning after 6 minutes.
- ☐ Place in a heavy-duty zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and discard skins; chop chiles.
- ☐ Combine chiles, tomato, and remaining ingredients in a medium bowl; toss well.

Nutrition Facts



Properties

Glycemic Index:8.92, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:3.109130428699%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg, Luteolin: 0.94mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 16.61kcal (0.83%), Fat: 0.45g (0.69%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 3.1g (1.03%), Net Carbohydrates: 2.2g (0.8%), Sugar: 1.76g (1.96%), Cholesterol: 0mg (0%), Sodium: 99.68mg (4.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin C: 21.94mg (26.59%), Vitamin A: 388.93IU (7.78%), Vitamin K: 4.85µg (4.62%), Vitamin B6: 0.08mg (4.14%), Potassium: 134.56mg (3.84%), Manganese: 0.08mg (3.8%), Fiber: 0.9g (3.62%), Folate: 9µg (2.25%), Vitamin E: 0.33mg (2.19%), Copper: 0.04mg (1.91%), Vitamin B1: 0.03mg

(1.9%), Magnesium: 6.87mg (1.72%), Vitamin B3: 0.33mg (1.63%), Phosphorus: 15.05mg (1.5%), Iron: 0.19mg (1.04%)