



Roasted Poblano Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons cilantro leaves coarsely chopped
- ☐ 0.3 cup olives green pitted chopped
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 6 poblano chiles
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.5 cup onion sweet finely chopped
- ☐ 1 pound tomatoes coarsely chopped

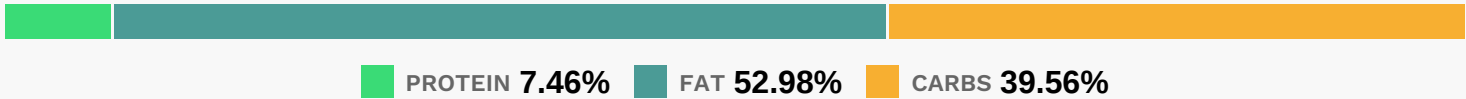
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ broiler

Directions

- ☐ Preheat the broiler. Roast the chiles under the broiler until charred all over.
- ☐ Transfer to a bowl, cover with plastic wrap and let steam for 5 minutes. Skin, stem and seed the chiles, then cut them into 1/3-inch dice. In a serving bowl, combine the chiles with the tomatoes, onion, olives, cilantro, olive oil and lime juice. Season with salt and pepper, toss to mix and serve.
- ☐ Make Ahead: The salsa can be refrigerated overnight. For a fresh taste, add the cilantro just before serving.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:1.68, Inflammation Score:-9, Nutrition Score:14.473043327746%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 8.47mg, Luteolin: 8.47mg, Luteolin: 8.47mg, Luteolin: 8.47mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

Nutrients (% of daily need)

Calories: 137.63kcal (6.88%), Fat: 8.84g (13.6%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 14.85g (4.95%), Net Carbohydrates: 9.98g (3.63%), Sugar: 8.38g (9.31%), Cholesterol: 0mg (0%), Sodium: 338.39mg (14.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin C: 161.22mg (195.41%), Vitamin A: 1660.53IU

(33.21%), Vitamin K: 27.51µg (26.2%), Vitamin B6: 0.52mg (26.05%), Fiber: 4.88g (19.51%), Manganese: 0.36mg (18.23%), Potassium: 614.53mg (17.56%), Vitamin E: 2.62mg (17.48%), Copper: 0.21mg (10.39%), Vitamin B1: 0.15mg (10.32%), Folate: 40.27µg (10.07%), Magnesium: 33.43mg (8.36%), Vitamin B3: 1.59mg (7.93%), Phosphorus: 69.32mg (6.93%), Iron: 1.06mg (5.87%), Vitamin B2: 0.08mg (4.54%), Calcium: 38.49mg (3.85%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.46mg (3.06%)