



Roasted Red Pepper Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 avocado pitted peeled chopped
- ☐ 2 cups regular corn
- ☐ 0.3 teaspoon cumin
- ☐ 3 tablespoons cilantro leaves fresh minced
- ☐ 2 spring onion finely chopped
- ☐ 1 jalapeno minced seeded
- ☐ 2 tablespoons juice of lime
- ☐ 0.3 teaspoon pepper

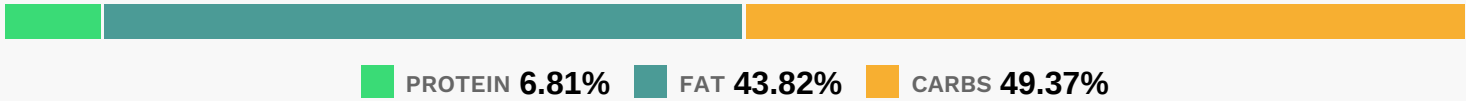
- ☐ 7 oz roasted peppers red drained chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 tomatoes diced
- ☐ 10 servings tortilla chips
- ☐ 1 tablespoon vinegar white

Equipment

Directions

- ☐ Gently stir together first 12 ingredients; cover and refrigerate at least 2 hours before serving.
- ☐ Serve with multicolored tortilla chips.

Nutrition Facts



Properties

Glycemic Index:31.65, Glycemic Load:3.78, Inflammation Score:-6, Nutrition Score:9.8313043324844%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 236.6kcal (11.83%), Fat: 12.3g (18.93%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 25.57g (9.3%), Sugar: 2.7g (3%), Cholesterol: Omg (0%), Sodium: 484.81mg (21.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.61%), Vitamin C: 21.36mg (25.89%), Fiber: 5.61g (22.45%), Vitamin K: 22.06µg (21.01%), Vitamin E: 2.06mg (13.71%), Folate: 52.17µg (13.04%), Vitamin B6: 0.26mg (13.01%), Magnesium: 49.32mg (12.33%), Phosphorus: 119.61mg (11.96%), Potassium: 416.19mg (11.89%), Vitamin B5: 1.17mg (11.75%), Vitamin A: 498.17IU (9.96%), Manganese: 0.18mg (9.19%), Vitamin B3: 1.75mg (8.73%), Copper: 0.16mg (8.2%),

Vitamin B1: 0.11mg (7.46%), Zinc: 0.93mg (6.2%), Vitamin B2: 0.1mg (6.11%), Iron: 1.09mg (6.08%), Calcium: 49.28mg (4.93%), Selenium: 1.55µg (2.22%)