



 **10%**
HEALTH SCORE

Roasted Red Pepper & Tomato Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Handful cilantro leaves fresh
- 0.5 teaspoon cumin
- 4 cloves garlic chopped
- 0.5 jalapeno
- 1 juice of lime
- 2 tablespoons olive oil
- 0.5 medium onion
- 0.5 bell pepper red

- 8 servings sea salt smoked to taste
- 5 medium tomatoes

Equipment

- food processor
- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to broil.
- Cut tomatoes in half and onions in quarters and arrange on a tin-foil lined baking sheet.
- Add the red pepper, garlic cloves (whole & with skin) and hot pepper.
- Drizzle with a bit of olive oil & salt. Broil for 10 min, until skin on tomatoes and pepper begins to char. Cool for 5 min.
- Remove tomato, pepper and garlic skins. Throw all veggies (except cilantro & lime) into food processor. Pulse 2-4 times (you want to leave it a bit chunky). Toss in a bowl with cilantro and lime juice.
- Add cumin and salt to taste.
- Serve with corn chips or toasted pita chips.

Nutrition Facts



PROTEIN 6.8% **FAT 58.28%** **CARBS 34.92%**

Properties

Glycemic Index:24.5, Glycemic Load:1.17, Inflammation Score:-6, Nutrition Score:4.9834782608696%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin:

0.54mg, Naringenin: 0.54mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin:
0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.12mg, Kaempferol:
0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg,
Myricetin: 0.13mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Taste

Sweetness: 70.88%, Saltiness: 34.92%, Sourness: 100%, Bitterness: 25.42%, Savoriness: 23.32%, Fattiness: 38.14%,
Spiciness: 100%

Nutrients (% of daily need)

Calories: 53.47kcal (2.67%), Fat: 3.73g (5.73%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 5.02g (1.67%), Net
Carbohydrates: 3.73g (1.36%), Sugar: 2.75g (3.05%), Cholesterol: 0mg (0%), Sodium: 199.07mg (8.66%), Protein:
0.98g (1.96%), Vitamin C: 23.34mg (28.29%), Vitamin A: 920.14IU (18.4%), Vitamin K: 10.34µg (9.85%), Vitamin E:
1.1mg (7.3%), Manganese: 0.14mg (6.91%), Potassium: 225.41mg (6.44%), Vitamin B6: 0.12mg (5.82%), Fiber: 1.29g
(5.17%), Folate: 17.24µg (4.31%), Vitamin B3: 0.58mg (2.88%), Copper: 0.06mg (2.88%), Magnesium: 11.44mg
(2.86%), Vitamin B1: 0.04mg (2.74%), Phosphorus: 26.29mg (2.63%), Iron: 0.4mg (2.21%), Vitamin B2: 0.03mg
(1.58%), Calcium: 14.79mg (1.48%), Zinc: 0.19mg (1.28%), Vitamin B5: 0.12mg (1.2%)