



## Roasted Salsa Verde

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 cloves garlic peeled
- 4 cloves garlic peeled
- 1.3 pounds tomatoes green halved lengthwise
- 1 jalapeno (depending on heat level)
- 1.5 tsp juice of lime fresh
- 1 small onion peeled halved
- 12 servings salt to taste
- 5 small tomatoes green (or substitute small tomatoes)

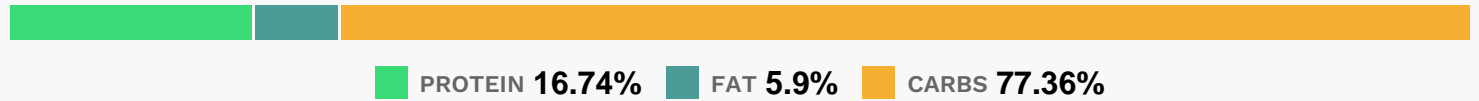
## Equipment

- food processor
- baking sheet
- oven

## Directions

- Place the vegetables on the baking sheet, cut sides of the tomatoes and onions up. Roast for 20 minutes.
- Remove the garlic and any vegetables that are brown, and turn the oven on broil. Broil until the vegetables become browned on top but do not burn. Watch closely and remove individual vegetables before they burn. When all are browned, put them into a food processor and pulse to chop.
- Add the salt and lime juice and process until well blended.
- Serve with tortilla chips or on top of enchiladas or burritos.

## Nutrition Facts



## Properties

Glycemic Index:9.92, Glycemic Load:0.3, Inflammation Score:-5, Nutrition Score:4.3973912726278%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

## Nutrients (% of daily need)

Calories: 25.02kcal (1.25%), Fat: 0.19g (0.29%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 4.49g (1.63%), Sugar: 3.73g (4.14%), Cholesterol: 0mg (0%), Sodium: 205.44mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Vitamin C: 22.48mg (27.25%), Vitamin A: 559.93IU (11.2%), Vitamin K: 8.87µg (8.45%), Manganese: 0.12mg (6.18%), Potassium: 192.94mg (5.51%), Vitamin B6: 0.1mg (5.14%), Vitamin B5: 0.45mg (4.48%), Fiber: 1.11g (4.43%), Copper: 0.09mg (4.25%), Vitamin B1: 0.06mg (3.86%),

Phosphorus: 28.61mg (2.86%), Iron: 0.48mg (2.67%), Vitamin E: 0.37mg (2.46%), Magnesium: 9.77mg (2.44%),  
Folate: 9.2µg (2.3%), Vitamin B3: 0.46mg (2.3%), Vitamin B2: 0.04mg (2.26%), Calcium: 15.93mg (1.59%)