



## Roasted Tomato Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



11

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 lb plum tomatoes (Roma)
- 2 large jalapeno
- 1 small onion sliced
- 6 cloves garlic peeled
- 1 tablespoon olive oil
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon salt
- 2 teaspoons apple cider vinegar

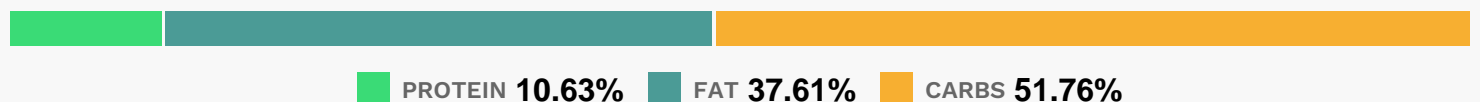
## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- oven
- ziploc bags

## Directions

- Set oven control to broil. Lightly spray cookie sheet with cooking spray.
- Place tomatoes and chiles on cookie sheet. Broil with tops 5 to 6 inches from heat 10 to 15 minutes, turning once or twice, until lightly charred and blistered.
- Place chiles in small bowl; set aside to cool.
- Place tomatoes in resealable food-storage plastic bag; seal bag and let stand 10 minutes.
- Heat oven to 450°F. In medium bowl, toss onion and garlic with oil.
- Transfer to 15x10x1-inch pan.
- Bake 10 minutes, stirring once, until golden and soft.
- Remove and discard stems from chiles; place chiles in food processor.
- Add onion and garlic. Cover; process until finely chopped, scraping down sides of bowl as needed. Return mixture to medium bowl.
- Peel tomatoes over another bowl to catch juices (do not seed); reserve juice.
- Place tomatoes in food processor. Cover; process until coarsely chopped.
- Add to onion mixture in bowl; mix well. Stir in reserved tomato juice, the cilantro, salt and vinegar. Store tightly covered in refrigerator up to 2 days.
- Serve salsa at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:18.09, Glycemic Load:1.16, Inflammation Score:-6, Nutrition Score:4.079565236102%

## Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

## Nutrients (% of daily need)

Calories: 32.09kcal (1.6%), Fat: 1.46g (2.25%), Saturated Fat: 0.21g (1.28%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 3.32g (1.21%), Sugar: 2.57g (2.85%), Cholesterol: 0mg (0%), Sodium: 216.38mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Vitamin C: 15.4mg (18.66%), Vitamin A: 739.24IU (14.78%), Vitamin K: 8.93µg (8.51%), Manganese: 0.14mg (6.82%), Potassium: 220.24mg (6.29%), Vitamin B6: 0.11mg (5.26%), Vitamin E: 0.73mg (4.88%), Fiber: 1.21g (4.85%), Folate: 14.54µg (3.64%), Copper: 0.06mg (2.91%), Vitamin B3: 0.55mg (2.73%), Magnesium: 10.64mg (2.66%), Vitamin B1: 0.04mg (2.53%), Phosphorus: 25.05mg (2.51%), Iron: 0.29mg (1.6%), Calcium: 13.43mg (1.34%), Vitamin B2: 0.02mg (1.27%), Zinc: 0.18mg (1.18%), Vitamin B5: 0.1mg (1.01%)