



Roasted Tomato Salsa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons cilantro leaves fresh coarsely chopped
- 2 medium garlic clove peeled smashed
- 1 teaspoon kosher salt as needed plus more
- 1 teaspoon juice of lime as needed freshly squeezed plus more
- 1 pound roma tomatoes cored halved
- 1 medium serrano chiles stemmed
- 0.5 medium onion white cut into 1/2-inch slices

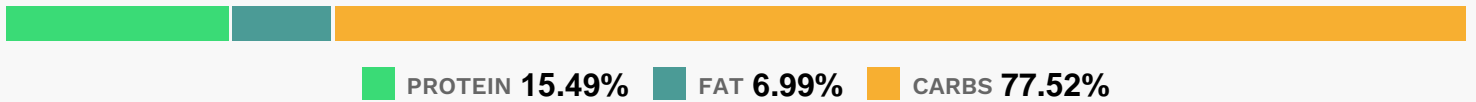
Equipment

- bowl
- baking sheet
- oven
- blender
- broiler

Directions

- Heat the broiler to high and arrange a rack in the upper third of the oven.
- Place the tomato halves skin-side up on a baking sheet. Scatter the onion, garlic, and serrano around the tomatoes. Broil until the tomato skins start to blacken and blister, about 7 minutes.
- Transfer the vegetables to a blender, add the measured salt, and blend into a smooth purée.
- Transfer to a medium heatproof bowl and let cool to room temperature. Stir in the cilantro and lime juice, taste, and season with more salt and lime juice as needed. Store in the refrigerator in a container with a tightfitting lid for up to 4 days.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:2.5704347419998%

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 Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 14.49kcal (0.72%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.36g (0.86%), Sugar: 1.83g (2.03%), Cholesterol: 0mg (0%), Sodium: 294.06mg (12.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Vitamin C: 9.06mg (10.98%), Vitamin A: 486.6IU (9.73%),

Vitamin K: 4.92µg (4.69%), Manganese: 0.09mg (4.44%), Potassium: 151.02mg (4.31%), Fiber: 0.85g (3.38%),
Vitamin B6: 0.07mg (3.35%), Folate: 10.13µg (2.53%), Vitamin E: 0.32mg (2.11%), Copper: 0.04mg (2%), Magnesium:
7.36mg (1.84%), Vitamin B3: 0.36mg (1.82%), Vitamin B1: 0.03mg (1.75%), Phosphorus: 17.18mg (1.72%), Iron: 0.19mg
(1.06%)