




 **3%**
HEALTH SCORE

Roasted Tomato Salsa


 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN




45 min.

SERVINGS



8

CALORIES



11 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- 8 servings salt
- 18 oz tomatoes
- 2 hungarian wax pepper yellow

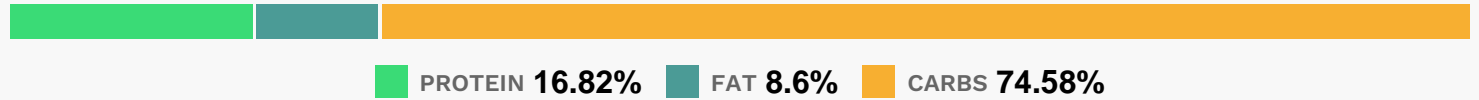
Equipment

- frying pan

Directions

- Place tomatoes and chilies in a pan about 10 by 15 inches. Broil about 2 inches from heat, turning as needed, until vegetables are charred on all sides, 6 to 8 minutes.
- Let stand until cool enough to touch.
- Pull off and discard skin of tomatoes and chilies. Coarsely dice tomatoes.
- Remove seeds from chilies for less heat. Finely chop chilies.
- Mix tomatoes and chilies; add salt to taste.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:2.4630434824073%

Flavonoids

Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 11.48kcal (0.57%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 2.49g (0.83%), Net Carbohydrates: 1.72g (0.63%), Sugar: 1.68g (1.86%), Cholesterol: 0mg (0%), Sodium: 199.62mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.12%), Vitamin C: 8.79mg (10.65%), Vitamin A: 531.34IU (10.63%), Vitamin K: 5.04µg (4.8%), Potassium: 151.21mg (4.32%), Manganese: 0.07mg (3.66%), Fiber: 0.77g (3.06%), Vitamin B6: 0.05mg (2.55%), Folate: 9.57µg (2.39%), Vitamin E: 0.34mg (2.3%), Vitamin B3: 0.38mg (1.89%), Copper: 0.04mg (1.89%), Magnesium: 7.02mg (1.76%), Vitamin B1: 0.02mg (1.57%), Phosphorus: 15.31mg (1.53%)