



Roasted Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 3 garlic cloves peeled
- ☐ 1 jalapeno halved seeded
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 8 plum tomatoes halved seeded
- ☐ 0.5 teaspoon salt
- ☐ 1 small onion white peeled quartered

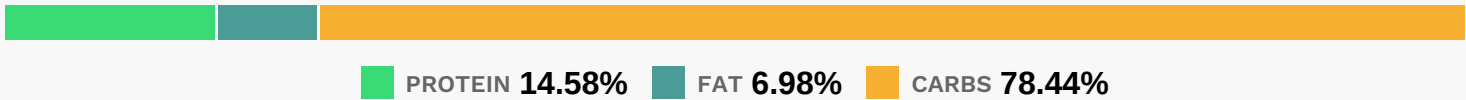
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 50
- ☐ Place first 4 ingredients on a baking sheet coated with cooking spray.
- ☐ Bake at 500 for 20 minutes or until charred; stir occasionally.
- ☐ Remove from oven; cool.
- ☐ Place vegetables in a food processor, and pulse 10 times or until chunky.
- ☐ Place in a medium bowl, and stir in cilantro and the remaining ingredients. Cover and chill.
- ☐ Note: Store, covered, in the refrigerator for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:19.1, Glycemic Load:0.76, Inflammation Score:-4, Nutrition Score:2.7508695669796%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 14.71kcal (0.74%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 3.33g (1.11%), Net Carbohydrates: 2.51g (0.91%), Sugar: 1.79g (1.99%), Cholesterol: 0mg (0%), Sodium: 119.65mg (5.2%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin C: 11.21mg (13.59%), Vitamin A: 482.87IU (9.66%), Vitamin K: 6.74µg (6.42%), Manganese: 0.09mg (4.47%), Potassium: 144.01mg (4.11%), Vitamin B6: 0.07mg (3.42%), Fiber: 0.81g (3.26%), Folate: 10.58µg (2.64%), Vitamin E: 0.35mg (2.31%), Copper: 0.04mg (1.91%), Magnesium: 7.11mg (1.78%), Vitamin B3: 0.34mg (1.7%), Vitamin B1: 0.03mg (1.7%), Phosphorus: 16.46mg (1.65%), Iron: 0.19mg (1.05%)