



Roasted Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove unpeeled
- ☐ 2 to 3 jalapeño peppers
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon salt
- ☐ 1.3 pounds tomatoes ripe
- ☐ 0.3 cup vidalia sweet finely chopped

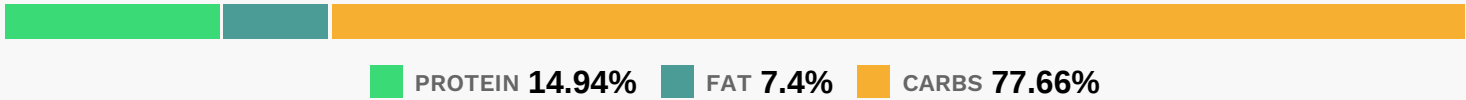
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large cast-iron skillet over medium heat.
- ☐ Add tomatoes, jalapeos, and garlic; cook 15 minutes or until tomatoes are blackened. Turn frequently.
- ☐ Remove from pan; cool slightly.
- ☐ Peel, seed, and chop tomatoes; place in a medium bowl.
- ☐ Remove and discard the stems and seeds from jalapeos, and finely chop.
- ☐ Add to tomatoes. Peel garlic, and finely chop.
- ☐ Add to the tomato mixture.
- ☐ Add onion, cilantro, lime juice, and salt to the tomato mixture, and toss well to combine.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.8, Inflammation Score:-5, Nutrition Score:3.5952173924964%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 17.52kcal (0.88%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 2.9g (1.05%), Sugar: 2.41g (2.68%), Cholesterol: 0mg (0%), Sodium: 149.89mg (6.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin C: 15.56mg (18.86%), Vitamin A: 663.82IU (13.28%), Vitamin K: 7.85µg (7.47%), Potassium: 193.11mg (5.52%), Manganese: 0.1mg (4.94%), Vitamin B6: 0.09mg (4.34%),

Fiber: 1.05g (4.18%), Vitamin E: 0.53mg (3.54%), Folate: 13.81µg (3.45%), Copper: 0.05mg (2.53%), Vitamin B3: 0.49mg (2.44%), Magnesium: 9.45mg (2.36%), Vitamin B1: 0.03mg (2.16%), Phosphorus: 21.06mg (2.11%), Iron: 0.24mg (1.32%), Vitamin B2: 0.02mg (1.12%), Calcium: 10.47mg (1.05%)