



Roasted Tomato Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 handful cilantro leaves chopped ()



1 clove garlic chopped ()



3 jalapeños



1 juice of lime (juice)



0.3 cup onion diced ()



1 poblano chili



8 servings salt and pepper to taste



1 pound tomatoes cut in half)

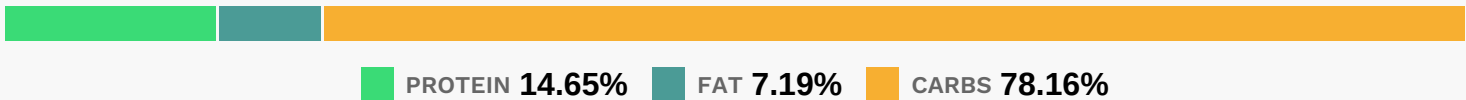
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Place the tomatoes on a baking pan and roast in a preheated 350F oven for an hour flipping half way through.
- ☐ Let the tomatoes cool and dice them.
- ☐ Broil the chilies until blackened on all sides.
- ☐ Let the chilies cool in a sealed container, peel the skins from them, seed them and dice them.
- ☐ Mix everything and let sit for 20 minutes to bring out the flavours.

Nutrition Facts



Properties

Glycemic Index:21.13, Glycemic Load:0.82, Inflammation Score:-5, Nutrition Score:4.3286957416845%

Flavonoids

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: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 18.31kcal (0.92%), Fat: 0.17g (0.26%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 2.96g (1.08%), Sugar: 2.35g (2.61%), Cholesterol: 0mg (0%), Sodium: 197.8mg (8.6%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Vitamin C: 27.7mg (33.58%), Vitamin A: 619.68IU (12.39%), Vitamin K: 8.15µg (7.76%), Vitamin B6: 0.11mg (5.67%), Potassium: 189.26mg (5.41%), Manganese: 0.1mg (5.2%), Fiber: 1.2g (4.81%), Vitamin E: 0.57mg (3.81%), Folate: 13.06µg (3.26%), Copper: 0.05mg (2.55%), Vitamin B3: 0.49mg (2.47%), Magnesium: 9.54mg (2.39%), Vitamin B1: 0.04mg (2.39%), Phosphorus: 20.74mg (2.07%), Iron: 0.25mg (1.38%), Vitamin B2: 0.02mg (1.28%), Calcium: 10.6mg (1.06%)