



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 firm-ripe tomatoes



2 to 3 wax chilies yellow

Equipment

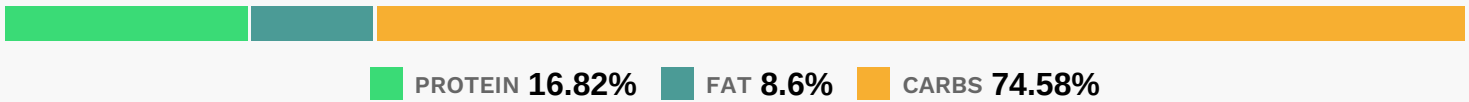


frying pan

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 (0.1%), 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%)