



Roasted Tomato Salsa I

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 jalapeño chile pepper
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic unpeeled
- 1 teaspoon ground cumin
- 3 tablespoons juice of lime fresh
- 1.5 tablespoons olive oil
- 1 small onion quartered
- 12 roma tomatoes (plum)

0.3 teaspoon salt

Equipment

food processor

bowl

baking pan

broiler

Directions

Preheat the broiler.

In a medium baking dish, place roma (plum) tomatoes, garlic, onion and jalapeno chile pepper.

Drizzle with olive oil.

Checking often, broil 5 to 10 minutes, or until outsides of vegetables are charred.

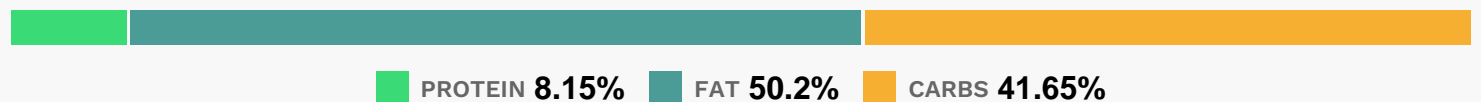
Remove vegetables from heat.

Remove and discard tomato cores, jalapeno stem and garlic skins.

In a food processor, coarsely chop the charred vegetables.

Transfer to a medium bowl and mix in cumin, salt, lime juice and cilantro.

Nutrition Facts



Properties

Glycemic Index:54.67, Glycemic Load:3.27, Inflammation Score:-9, Nutrition Score:12.556521693002%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 1.74mg, Naringenin: 1.74mg, Naringenin: 1.74mg, Naringenin: 1.74mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg, Quercetin: 7.23mg

Nutrients (% of daily need)

Calories: 126.74kcal (6.34%), Fat: 7.71g (11.87%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 10.69g (3.89%), Sugar: 8g (8.89%), Cholesterol: 0mg (0%), Sodium: 209.78mg (9.12%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 2.82g (5.64%), Vitamin C: 46.77mg (56.69%), Vitamin A: 2222.73IU (44.45%), Vitamin K: 29.06µg (27.67%), Potassium: 677.95mg (19.37%), Manganese: 0.38mg (19.09%), Vitamin E: 2.61mg (17.39%), Fiber: 3.71g (14.85%), Vitamin B6: 0.28mg (14.07%), Folate: 45.35µg (11.34%), Copper: 0.18mg (8.83%), Magnesium: 34.81mg (8.7%), Vitamin B3: 1.64mg (8.2%), Vitamin B1: 0.12mg (7.81%), Phosphorus: 76.63mg (7.66%), Iron: 1.28mg (7.14%), Calcium: 43.74mg (4.37%), Vitamin B2: 0.07mg (3.85%), Zinc: 0.54mg (3.61%), Vitamin B5: 0.3mg (3.02%)