



Roasted Tomato Salsa II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon chile sauce hot
- ☐ 5 cloves garlic diced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 onion chopped
- ☐ 1 dash pepper sauce hot
- ☐ 1 teaspoon salt
- ☐ 3 tomatoes cut into wedges
- ☐ 1 cup water

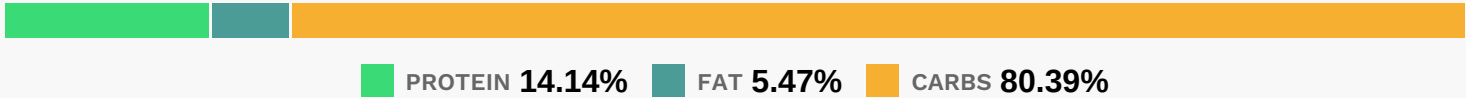
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ blender
- ☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ On a medium baking sheet, arrange tomatoes, garlic and onion.
- ☐ Place under the broiler. Checking frequently, heat 15 minutes, or until vegetables are charred.
- ☐ Remove from heat and allow to cool approximately 10 minutes.
- ☐ Place charred vegetables in a blender or food processor with the water and blend until smooth. Stir in ground black pepper, hot pepper sauce, salt and hot chile sauce. Refrigerate the mixture until serving.

Nutrition Facts



Properties

Glycemic Index:25.4, Glycemic Load:1.5, Inflammation Score:-5, Nutrition Score:3.9104348110116%

Flavonoids

Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 27.97kcal (1.4%), Fat: 0.19g (0.29%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 4.83g (1.75%), Sugar: 3.08g (3.42%), Cholesterol: 0mg (0%), Sodium: 522.22mg (22.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Vitamin C: 12.69mg (15.38%), Vitamin A: 616.04IU (12.32%), Manganese: 0.18mg (8.83%), Potassium: 220.51mg (6.3%), Vitamin B6: 0.12mg (6.15%), Vitamin K: 6.13µg (5.84%), Fiber: 1.39g (5.55%), Folate: 15.36µg (3.84%), Copper: 0.07mg (3.52%), Magnesium: 11.73mg (2.93%), Vitamin B1:

0.04mg (2.9%), Phosphorus: 28.84mg (2.88%), Vitamin E: 0.41mg (2.71%), Vitamin B3: 0.49mg (2.43%), Calcium: 20.02mg (2%), Iron: 0.31mg (1.72%), Vitamin B2: 0.02mg (1.38%), Zinc: 0.2mg (1.37%), Vitamin B5: 0.11mg (1.12%)