



Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



9 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 jalapeño peppers minced
- ☐ 0.3 cup onion chopped
- ☐ 2 cups tomatoes fresh diced

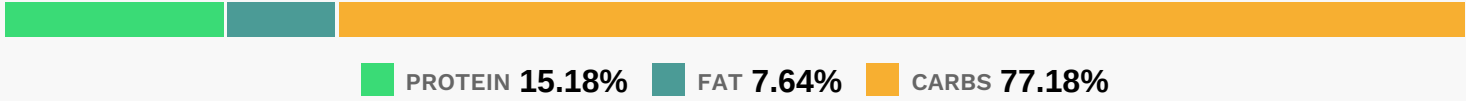
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a small bowl; cover and chill.

Nutrition Facts



Properties

Glycemic Index:14.33, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:1.8930434868064%

Flavonoids

Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 8.74kcal (0.44%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.35g (0.49%), Sugar: 1.19g (1.32%), Cholesterol: 0mg (0%), Sodium: 2.13mg (0.09%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 0.38g (0.76%), Vitamin C: 8.67mg (10.52%), Vitamin A: 339.43IU (6.79%), Vitamin K: 4.59µg (4.37%), Potassium: 94.99mg (2.71%), Manganese: 0.05mg (2.42%), Fiber: 0.57g (2.29%), Vitamin B6: 0.05mg (2.28%), Vitamin E: 0.3mg (2.01%), Folate: 6.93µg (1.73%), Vitamin B3: 0.25mg (1.23%), Copper: 0.02mg (1.18%), Magnesium: 4.67mg (1.17%), Vitamin B1: 0.02mg (1.06%), Phosphorus: 10.26mg (1.03%)