



Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



6 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 Dash cayenne pepper



2 tablespoons cilantro leaves fresh chopped



1 juice of lime



2 orange tomatoes yellow coarsely chopped



0.5 teaspoon salt



1 small onion white minced

Equipment



bowl

Directions

☐ Add all the ingredients to a medium bowl. Toss to combine. Spoon into a serving dish and set aside for 15 minutes to blend flavors.

Nutrition Facts



PROTEIN 9.1% **FAT 2.51%** **CARBS 88.39%**

Properties

Glycemic Index:15.17, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:0.48782608787651%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 6.05kcal (0.3%), Fat: 0.02g (0.03%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.31g (0.47%), Sugar: 0.58g (0.65%), Cholesterol: 0mg (0%), Sodium: 194.56mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin C: 2.47mg (2.99%)