



Salsa Cruda



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 anaheim chilies fresh (9 oz. total)
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced pressed peeled
- ☐ 2 green onions ends trimmed thinly sliced
- ☐ 4 servings salt and pepper
- ☐ 3 firm-ripe tomatoes ()

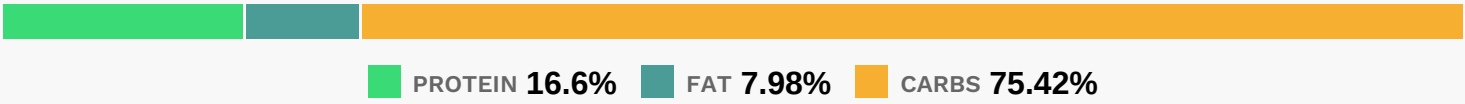
Equipment

- ☐ bowl

Directions

- ☐ Rinse, stem, seed, and chop Anaheim chilies. Rinse, core, and chop tomatoes.
- ☐ In a bowl, mix Anaheim chilies, tomatoes, onions, garlic, cilantro, and serrano chilies with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:2.28, Inflammation Score:-8, Nutrition Score:9.2530434805414%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 34.31kcal (1.72%), Fat: 0.35g (0.54%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 5.7g (2.07%), Sugar: 4.37g (4.86%), Cholesterol: 0mg (0%), Sodium: 202.75mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.3%), Vitamin C: 62.79mg (76.11%), Vitamin K: 25.08µg (23.88%), Vitamin A: 1163.19IU (23.26%), Vitamin B6: 0.27mg (13.36%), Manganese: 0.2mg (10.22%), Potassium: 350.96mg (10.03%), Fiber: 1.81g (7.23%), Folate: 25.61µg (6.4%), Copper: 0.11mg (5.4%), Vitamin E: 0.77mg (5.13%), Vitamin B3: 1.01mg (5.06%), Magnesium: 19.54mg (4.89%), Vitamin B1: 0.06mg (4.32%), Phosphorus: 41.26mg (4.13%), Iron: 0.72mg (3.98%), Vitamin B2: 0.05mg (3.14%), Calcium: 21.24mg (2.12%), Zinc: 0.29mg (1.91%), Vitamin B5: 0.16mg (1.65%)