

Salsa Crudo



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

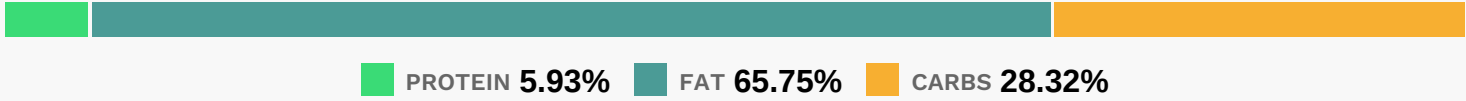
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 0.3 cup basil fresh minced
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon salt
- ☐ 4 cups tomatoes chopped

Equipment

Directions

☐ Combine all ingredients; let stand 30 minutes.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:2.3369565366403%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 31.7kcal (1.59%), Fat: 2.44g (3.75%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.74g (0.63%), Sugar: 1.51g (1.68%), Cholesterol: 0mg (0%), Sodium: 99.85mg (4.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (0.99%), Vitamin A: 440.37IU (8.81%), Vitamin C: 7.05mg (8.55%), Vitamin K: 7.48µg (7.12%), Vitamin E: 0.61mg (4.06%), Manganese: 0.08mg (3.9%), Potassium: 123.28mg (3.52%), Fiber: 0.63g (2.5%), Vitamin B6: 0.05mg (2.34%), Folate: 7.81µg (1.95%), Copper: 0.03mg (1.68%), Magnesium: 6.14mg (1.54%), Vitamin B3: 0.3mg (1.52%), Phosphorus: 13.28mg (1.33%), Vitamin B1: 0.02mg (1.31%), Iron: 0.19mg (1.03%)