



Salsa de Molcajete (Roasted Tomato and Green Chile Salsa)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves unpeeled
- ☐ 2 jalapeño peppers
- ☐ 1 teaspoon juice of lime fresh
- ☐ 0.3 cup onion finely chopped
- ☐ 1 pound plum tomatoes
- ☐ 0.3 teaspoon salt

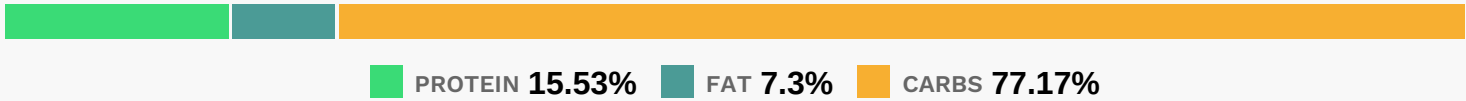
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ mortar and pestle

Directions

- ☐ Preheat broiler.
- ☐ Place the tomatoes, garlic, and jalapeos on a foil-lined baking sheet. Broil 16 minutes, turning after after 8 minutes. Cool and peel tomatoes and garlic.
- ☐ Combine the garlic and peppers in a molcajete, mortar, or bowl; pound with a pestle or the back of a spoon to form a paste.
- ☐ Add tomatoes, and coarsely crush using the pestle or spoon.
- ☐ Combine the tomato mixture, cilantro, and remaining ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.11, Inflammation Score:-6, Nutrition Score:4.1339130660762%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 20.28kcal (1.01%), Fat: 0.19g (0.29%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 3.26g (1.18%), Sugar: 2.5g (2.78%), Cholesterol: 0mg (0%), Sodium: 101.76mg (4.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.8%), Vitamin C: 17.34mg (21.02%), Vitamin A: 740.71IU (14.81%), Vitamin K: 9.65µg (9.19%), Manganese: 0.13mg (6.43%), Potassium: 212.12mg (6.06%), Vitamin B6: 0.11mg (5.41%), Fiber: 1.21g (4.84%), Vitamin E: 0.6mg (4.01%), Folate: 14.55µg (3.64%), Copper: 0.06mg (2.81%), Vitamin B3: 0.54mg (2.69%), Magnesium: 10.36mg (2.59%), Vitamin B1: 0.04mg (2.45%), Phosphorus: 24.13mg (2.41%), Iron: 0.27mg (1.51%), Vitamin B2: 0.02mg (1.33%), Calcium: 13.14mg (1.31%), Zinc: 0.17mg (1.13%), Vitamin B5: 0.11mg (1.05%)