



Salsa del Sol

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon teaspoons basil dried fresh chopped
- 0.3 teaspoon pepper black
- 29 ounce tomatoes diced undrained canned
- 0.5 cup cooking wine dry red
- 1 tablespoon cilantro leaves fresh minced
- 2 tablespoons parsley fresh chopped
- 4 garlic cloves minced
- 0.5 teaspoon ground cinnamon

- 0.5 teaspoon ground cumin
- 1 jalapeno minced seeded
- 1 teaspoon olive oil
- 1 cup onion chopped
- 1 tablespoon sugar
- 0.3 cup tequila
- 2 tablespoons tomato paste

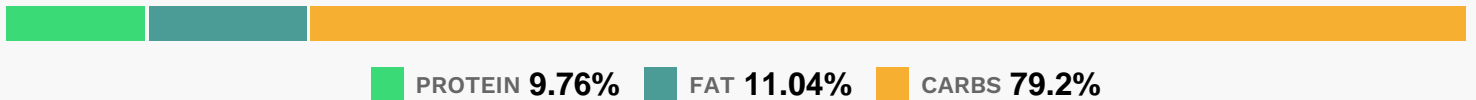
Equipment

- frying pan
- sauce pan

Directions

- Heat oil in a saucepan or large skillet over medium-high heat.
- Add onion, garlic, and jalapeo; saut 5 minutes. Stir in wine and next 7 ingredients (wine through tomatoes); bring to a boil. Reduce heat to medium, and cook, uncovered, for 10 minutes. Stir in the tequila, parsley, and cilantro, and cook for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:148.36, Glycemic Load:8.71, Inflammation Score:-8, Nutrition Score:15.761739036311%

Flavonoids

Apigenin: 5.78mg, Apigenin: 5.78mg, Apigenin: 5.78mg, Apigenin: 5.78mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg

Nutrients (% of daily need)

Calories: 198.4kcal (9.92%), Fat: 1.95g (3%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 26.87g (9.77%), Sugar: 20.7g (23%), Cholesterol: 0mg (0%), Sodium: 491.35mg (21.36%), Alcohol: 6.68g (100%), Alcohol %: 2.02% (100%), Protein: 3.88g (7.77%), Vitamin K: 58.42µg (55.64%), Vitamin C: 42.29mg (51.26%), Manganese: 0.55mg (27.3%), Vitamin B6: 0.47mg (23.33%), Potassium: 803.98mg (22.97%), Iron: 3.95mg (21.92%), Fiber: 4.66g (18.62%), Vitamin E: 2.74mg (18.3%), Vitamin A: 809.97IU (16.2%), Copper: 0.29mg (14.58%), Calcium: 132.52mg (13.25%), Magnesium: 50.26mg (12.56%), Vitamin B3: 2.5mg (12.48%), Vitamin B2: 0.2mg (11.5%), Vitamin B1: 0.17mg (11.35%), Folate: 39.39µg (9.85%), Phosphorus: 96.72mg (9.67%), Zinc: 0.7mg (4.64%), Vitamin B5: 0.46mg (4.59%), Selenium: 1.76µg (2.51%)