



Salsa for the Whole Family

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 medium tomatoes diced
- 1 cup onion red finely chopped
- 1 serving salt and pepper to taste
- 0.5 cup ears corn fresh sweet
- 1 jalapeno finely chopped

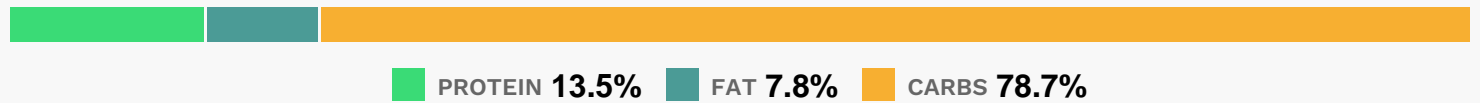
Equipment

- bowl

Directions

- In medium bowl, stir together tomatoes, onion, salt and pepper.
- Place half of mixture in second bowl.
- To make the Heaven version (mild), stir corn and 1/4 teaspoon of the chopped chile into half of the mixture. Cover; refrigerate 30 minutes before serving.
- To make the Hell version (spicy), stir remaining chopped chile into other half of mixture. Cover; refrigerate 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:2.41, Inflammation Score:-8, Nutrition Score:7.7860869687536%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 11.78mg, Quercetin: 11.78mg, Quercetin: 11.78mg, Quercetin: 11.78mg

Nutrients (% of daily need)

Calories: 65.61kcal (3.28%), Fat: 0.64g (0.99%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 14.59g (4.86%), Net Carbohydrates: 11.59g (4.22%), Sugar: 7.2g (8%), Cholesterol: 0mg (0%), Sodium: 76.64mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin C: 27.98mg (33.91%), Vitamin A: 1121.15IU (22.42%), Potassium: 446.21mg (12.75%), Manganese: 0.25mg (12.66%), Fiber: 3g (11.99%), Vitamin K: 10.87µg (10.35%), Vitamin B6: 0.2mg (10.22%), Folate: 39.99µg (10%), Vitamin B1: 0.11mg (7.29%), Magnesium: 28.51mg (7.13%), Phosphorus: 67.71mg (6.77%), Vitamin B3: 1.28mg (6.4%), Vitamin E: 0.86mg (5.73%), Copper: 0.11mg (5.43%), Vitamin B5: 0.36mg (3.63%), Iron: 0.58mg (3.23%), Vitamin B2: 0.05mg (3.2%), Zinc: 0.42mg (2.78%), Calcium: 25.65mg (2.57%)