



Salsa Fresca

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 fresno chili fresh
- 0.3 cup cilantro leaves fresh chopped
- 3 tablespoons juice of lime
- 0.3 cup onion finely chopped
- 9 servings salt and pepper
- 1 pound firm-ripe tomatoes ripe

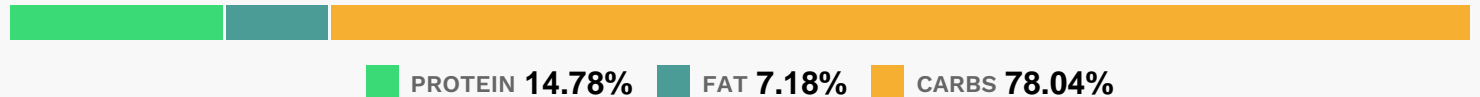
Equipment

- bowl

Directions

- Rinse and core tomatoes and cut into about 1/4-inch dice; put the tomatoes with their juices into a bowl. Rinse and stem the jalapeo; shake out seeds and cut out the veins. Finely chop the chili.
- Add it to the bowl, along with the onion, cilantro, and 3 tablespoons lime juice. Stir gently to mix, and add more lime juice and salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:15.78, Glycemic Load:0.77, Inflammation Score:-4, Nutrition Score:2.9817391614551%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 14.2kcal (0.71%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 3.25g (1.08%), Net Carbohydrates: 2.47g (0.9%), Sugar: 1.87g (2.07%), Cholesterol: 0mg (0%), Sodium: 197.24mg (8.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.23%), Vitamin C: 16.04mg (19.44%), Vitamin A: 500IU (10%), Vitamin K: 6.11µg (5.82%), Potassium: 150.24mg (4.29%), Manganese: 0.08mg (3.79%), Vitamin B6: 0.07mg (3.68%), Fiber: 0.79g (3.15%), Folate: 10.33µg (2.58%), Vitamin E: 0.33mg (2.2%), Copper: 0.04mg (2.02%), Magnesium: 7.66mg (1.91%), Vitamin B3: 0.38mg (1.89%), Vitamin B1: 0.03mg (1.72%), Phosphorus: 16.45mg (1.64%), Iron: 0.21mg (1.17%)