



Salsa Fresca



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 cilantro sprigs chopped
- ☐ 3 garlic cloves minced
- ☐ 1 jalapeño minced
- ☐ 1 juice of lime
- ☐ 0.3 cup olive oil
- ☐ 0.3 onion red chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 tomatoes ripe chopped

Equipment

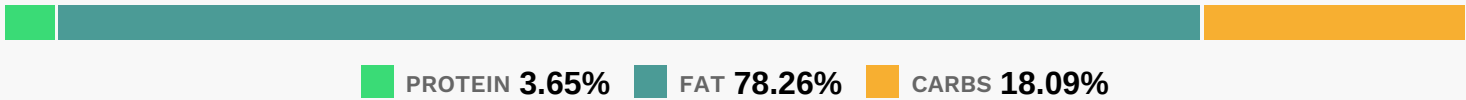
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 mixing bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ In a mixing bowl, combine all ingredients together. Toss thoroughly.
- ☐ Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:19.88, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:3.9317391061265%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 75.7kcal (3.78%), Fat: 6.9g (10.62%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 2.65g (0.96%), Sugar: 1.93g (2.14%), Cholesterol: 0mg (0%), Sodium: 149.93mg (6.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.45%), Vitamin C: 12.77mg (15.48%), Vitamin K: 15.5µg (14.76%), Vitamin A: 668.16IU (13.36%), Vitamin E: 1.43mg (9.51%), Manganese: 0.1mg (5.23%), Potassium: 174.53mg (4.99%), Vitamin B6: 0.08mg (3.95%), Fiber: 0.94g (3.76%), Folate: 12µg (3%), Copper: 0.05mg (2.37%), Vitamin B3: 0.43mg (2.14%), Magnesium: 8.48mg (2.12%), Vitamin B1: 0.03mg (1.97%), Phosphorus: 19.42mg (1.94%), Iron: 0.27mg (1.53%), Calcium: 11.21mg (1.12%), Vitamin B2: 0.02mg (1.11%)