



Salsa Fresca



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons jalapeño chile chopped
- ☐ 1 tablespoon juice of lime
- ☐ 0.5 cup onion diced red
- ☐ 3 servings try build-a-meal
- ☐ 1 teaspoons salt
- ☐ 4 firm-ripe tomatoes ()

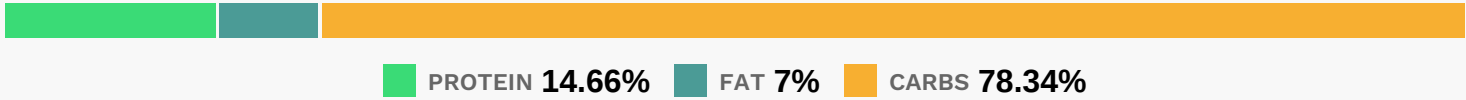
Equipment

- ☐ bowl

Directions

☐ In a large bowl, mix together 4 firm-ripe tomatoes (1 1/2 lb. total), rinsed, cored, seeded, and chopped; 1/2 cup diced red onion; and 2 to 3 tablespoons chopped jalapeo chile to taste.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:2.34, Inflammation Score:-8, Nutrition Score:8.7482609230539%

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: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg, Quercetin: 6.9mg

Nutrients (% of daily need)

Calories: 47.58kcal (2.38%), Fat: 0.42g (0.65%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 7.68g (2.79%), Sugar: 5.95g (6.61%), Cholesterol: 0mg (0%), Sodium: 784.84mg (34.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Vitamin C: 37.8mg (45.82%), Vitamin A: 1477.06IU (29.54%), Manganese: 0.3mg (15.05%), Vitamin K: 15µg (14.29%), Potassium: 465.72mg (13.31%), Fiber: 2.95g (11.79%), Vitamin B6: 0.21mg (10.55%), Vitamin E: 1.27mg (8.49%), Folate: 33.02µg (8.25%), Magnesium: 25.11mg (6.28%), Copper: 0.12mg (6.04%), Vitamin B3: 1.2mg (5.98%), Phosphorus: 56.71mg (5.67%), Vitamin B1: 0.08mg (5.41%), Iron: 0.6mg (3.33%), Vitamin B2: 0.05mg (2.89%), Zinc: 0.4mg (2.67%), Calcium: 25.47mg (2.55%), Vitamin B5: 0.23mg (2.31%)