






 **13%**
HEALTH SCORE

Salsa Manuela

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN

45 min.

SERVINGS

16

CALORIES

14 kcal

ANTIPASTI **STARTER** **SNACK** **APPETIZER**

Ingredients

- 1 pound jalapeno halved seeded
- 1 onion cut into (1/2-inch-thick) slices (1/2 pound)
- 1 teaspoon salt
- 2 tomatoes cut into 1/2-inch-thick slices (1 pound)
- 2 cups water

Equipment

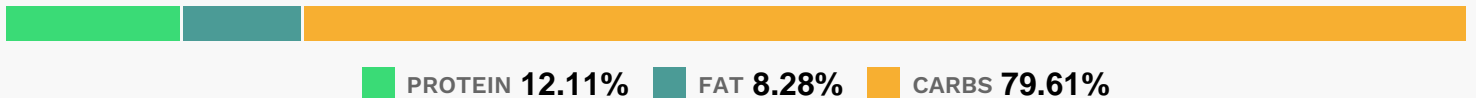
- baking sheet
- sauce pan

- potato masher
- aluminum foil
- broiler

Directions

- Preheat broiler.
- Place jalapeos, skin sides up, on a foil-lined baking sheet; broil 12 minutes or until blackened.
- Cut peppers in half lengthwise, discarding seeds and membranes.
- Cut into slices. Set peppers aside.
- Place tomato slices on baking sheet; broil 10 minutes, turning after 5 minutes.
- Place onion slices on baking sheet; broil 14 minutes, turning after 7 minutes.
- Bring water to a boil in a medium saucepan.
- Add peppers, tomato, onion, and salt; return to a boil. Reduce heat; simmer 30 minutes. Cool to room temperature. Mash mixture with hands or with a potato masher.
- Serve at room temperature or chilled. Store in an airtight container in refrigerator up to two weeks.

Nutrition Facts



Properties

Glycemic Index:6.06, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:4.3165216530147%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 13.74kcal (0.69%), Fat: 0.14g (0.22%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 1.99g (0.72%), Sugar: 1.86g (2.07%), Cholesterol: 0mg (0%), Sodium: 148.72mg (6.47%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin C: 36.24mg (43.92%), Vitamin A: 433.82IU (8.68%), Vitamin E: 1.1mg (7.33%), Vitamin B6: 0.14mg (6.97%), Vitamin K: 6.49µg (6.18%), Fiber: 1.1g (4.38%), Potassium: 116.81mg (3.34%), Folate: 11.27µg (2.82%), Manganese: 0.05mg (2.71%), Vitamin B3: 0.46mg (2.31%), Magnesium: 6.93mg (1.73%), Copper: 0.03mg (1.48%), Vitamin B2: 0.02mg (1.45%), Vitamin B1: 0.02mg (1.35%), Phosphorus: 13.05mg (1.31%), Vitamin B5: 0.11mg (1.11%)