



Salsa Picante

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 28 ounce canned tomatoes crushed undrained canned
- 0.5 cup cilantro leaves fresh chopped
- 6 ounce chilis diced green canned
- 1 bunch spring onion chopped
- 1 teaspoon juice of lime
- 1 tablespoon oregano fresh chopped
- 2 teaspoons pepper
- 4 plum tomatoes diced

- 2 teaspoons salt
- 2 teaspoons soya sauce
- 1 teaspoon sugar
- 1 tablespoon vinegar

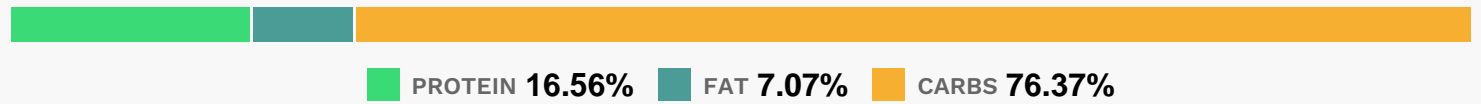
Equipment

- bowl

Directions

- Combine all ingredients in a bowl; mixing well. Cover and chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:104.03, Glycemic Load:7.54, Inflammation Score:-10, Nutrition Score:22.70043474695%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 131.3kcal (6.57%), Fat: 1.21g (1.87%), Saturated Fat: 0.19g (1.2%), Carbohydrates: 29.49g (9.83%), Net Carbohydrates: 21.14g (7.69%), Sugar: 15.53g (17.26%), Cholesterol: 0mg (0%), Sodium: 2355.6mg (102.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.79%), Vitamin C: 57.82mg (70.09%), Vitamin K: 57.94µg (55.18%), Manganese: 0.88mg (44.15%), Fiber: 8.35g (33.4%), Vitamin A: 1625.12IU (32.5%), Potassium: 1120.83mg (32.02%), Iron: 5.44mg (30.21%), Copper: 0.58mg (29.07%), Vitamin B6: 0.57mg (28.49%), Vitamin E: 4.19mg (27.91%), Folate: 89.25µg (22.31%), Vitamin B3: 4.4mg (22.02%), Magnesium: 75.18mg (18.8%), Vitamin B1: 0.25mg (16.54%), Calcium: 161.04mg (16.1%), Phosphorus: 125.21mg (12.52%), Vitamin B2: 0.2mg (11.69%), Vitamin B5: 0.93mg (9.29%), Zinc: 1.03mg (6.9%), Selenium: 2.04µg (2.92%)